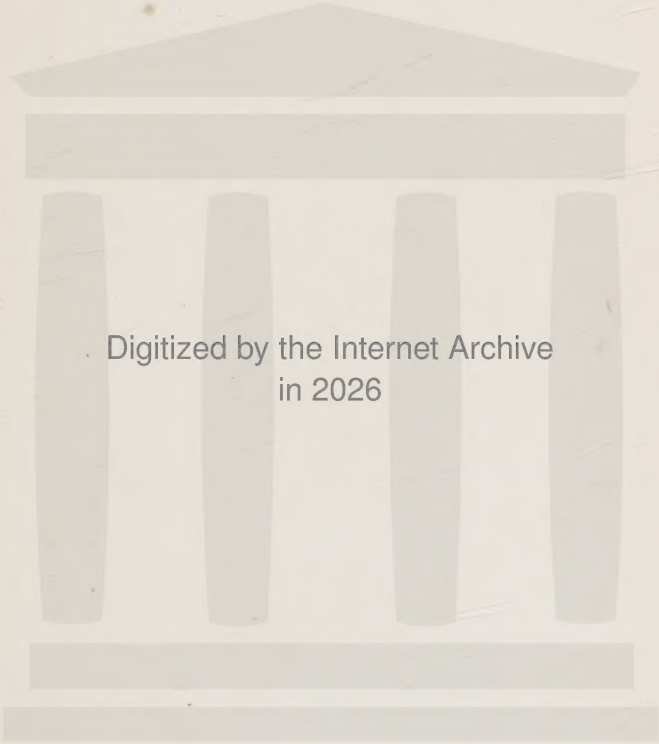
GEORGE WILLIAMS
COLLEGE
LIBRARY

GEORGE WILLIAMS COLLEGE
LIBRARY
5315 DREXEL AVENUE
CHICAGO, ILL.

GEORGE WILLIAMS COLLEGE
LIBRARY
5315 DREXEL AVENUE
CHICAGO, ILL.



Digitized by the Internet Archive
in 2026

https://archive.org/details/coachingwayofwin0000unse

KNUTE K. ROCKNE

11623
132

COACHING

— The Way of the Winner —

BY

KNUTE K. ROCKNE

AUTHOR OF "THE FOUR WINNERS"

NEW REVISED EDITION

NEW YORK

THE DEVIN-ADAIR COMPANY

1929

STUD
The Yeat
CHICA
College
NEVA

Stud. Loan
£4

10236

COPYRIGHT, 1925, BY
THE DEVIN-ADAIR COMPANY

All Rights Reserved by
The Devin-Adair Company

REVISED EDITION, 1928
NEW REVISED EDITION, 1929

796.33207
R592c

To

JESSE HARPER

My Old Football Coach

THIS BOOK IS AFFECTIONATELY DEDICATED

CONTENTS

CHAPTER		PAGE
I	Equipment	1
II	Training and Conditioning	8
III	Fundamentals	13
IV	Offense	20
V	Field Tactics	51
VI	Forward Pass	59
VII	Defense	68
VIII	Shifts and Shift Plays	84
IX	Center	98
X	Guard	105
XI	Tackle	112
XII	End	117
XIII	Halfback	125
XIV	Fullback	132
XV	Quarterback	136
XVI	Mental Aspects	157
XVII	Scouting	165
XVIII	Signals	182
XIX	Division of Labor	189
XX	The Season's Campaign	199
XXI	The Pedagogy of Football	209
XXII	Hypothetical Questions in Quiz Form	219

INTRODUCTION

To be a good football player a man must have brains, "guts," speed, self-restraint, motor coördination, fire of nervous energy, and to a lesser degree physique and an unselfish point of view of sacrifice for the team. A successful coach must have personality, enthusiasm, technical knowledge, sense of fair play, sympathy for the players, and yet he must be a strict disciplinarian. But probably as important as anything is adaptability. A coach must thoroughly adapt himself to surrounding conditions. Competition, environment, and types of men vary in different localities and different schools one hundred per cent.

The essence of offense and defense in football is blocking, tackling, ability to handle the ball, and an execution of details so as to produce perfection of execution, timing, etc. Plays which are very successful in high school may not work in college, and vice versa. Plays themselves are of no value without execution. If you need to sell yourself to local boards of strategy, you might put on some fancy spread plays. These plays may make you a reputation in some centers. They can be also used to kill time when this is a thing to be desired.

A football coach should absolutely insist on sportsmanship and fair play not only from his opponents, but from his own players and from himself. Sportsmanship means fair play. It means having a little respect for the other fellow's point of view. It means a real application of the Golden Rule. In contests like track athletics, tennis, golf, swimming, etc., where the competition doesn't involve so much mental stress, and strain, sportsmanship has reached a very fine level. It is more difficult for a football coach to get the proper point of view. This is due to the fact that the very fierceness of the contest produces emotional clouds, making it difficult for judgment and fair play to pierce this dense fog of emotionalism. However, fair play must

dominate in all our sports, and I believe that every coach of football who has the best interests of the game and the young men at heart must take stock of himself now and then to make sure that he is doing the right thing. I don't believe a great deal in preaching. I believe that one leading coach practicing sportsmanship does more good than fifty coaches merely preaching it.

I believe that when a team has won, the winning coach should be as generous as possible in his comments on the losing team and the losing coach. Bragging and gloating have no place in circles of erudition. I believe that when a team loses, the losing coach should give full credit to the other team, regardless of conditions. I believe that an alibi or a flock of alibis are entirely out of order. That coach should, however, inform his own team that the next time they play that same team they must bend every effort to reverse the decision. I don't like the fellow who loses too easily, but you can lose like a gentleman and at the same time say to yourself that the next time you meet, you intend to give them a good walloping. The fellow who is a poor loser with alibis, and who gives the other team no credit, is like a little spoiled egotistical boy, who has not yet grown up.

I believe that when officials have been agreed upon for a contest that they should not be intimidated or abused. Their selection should be based on mutual approval. I don't believe that a big school or a big association has any right to take any unfair advantage of the smaller institutions by insisting on the right to name officials. Athletic contests are based on *mutual* respect and confidence.

The feeling between the student bodies should be one of exhilaration, and the coaches must do all in their power to eliminate that most base of emotions, hatred. Hatred has never built anything, but has always been destructive. Fair play and sportsmanship if practiced will go a long way towards developing a finer type of citizenship throughout the country. As football should develop in the young men initiative, resourcefulness, and the ability to think for themselves, I think that the practice of the coach signalling from the sidelines is abominable. It cheats the boys and ruins confidence in their self-reliance. Football is

largely a contest of wits, and teams who have played the game properly get a lot of benefit mentally as well as physically.

Football is a hard rough game, and there is nothing in the rules against playing it as hard as you can. However, it must be played clean and without muckerism. The game has no place for the mucker any more than it has for the dull fellow mentally. Joshing on the field is all right, but it must not be carried to an extent where it becomes insulting.

In the following pages will be given briefly, in synopsis form, the basic things given in my coaching school. This little text doesn't aim to be complete, but if the coach will take notes during the course, these, with this little text book, should prove a very complete treatise on our great game of football.

COACHING

CHAPTER I

EQUIPMENT

The football equipment in any institution should be bought by the man who understands thoroughly, not only values as regards cost and so on, but who understands to the minutest detail what equipment is good and what equipment is not so good. I cannot overstate the value of good equipment. A man well togged can play better and, if his protection is adequate, he minimizes very greatly the danger of injuries. A team that looks like a football team, because it is well equipped, has better morale. It will also draw better at the gate. It is economy to buy the best equipment. It is a waste of money to buy cheap equipment.

SHOES

Perhaps the most important item of equipment is the shoe. Poor shoes may lose a football game because of slipping, falling down or stumbling at some critical moment, if not many times during the afternoon. A man well equipped with the right shoes can run faster, start faster, and can also dodge, change direction with more skill, sharpness and confidence. The shoe should fit snugly. It should lace well over the ankles and must have a good counter. The shoe should be as light as possible and still have durability. The soles should be thick enough so they will not warp after being wet. A metal plate in the insole of the shoe makes it too heavy and is a sign of inferiority in craftsmanship. A steel plate is necessary in the case of screw-on cleats which

have been found very satisfactory in prep schools because the coach can economically carry several sets of cleats of various lengths and can adapt himself to different conditions by merely changing the cleats. The only reason I do not use screw-on cleats, however, is on account of the steel plate. However, I can see that for high schools with a lack of funds they are highly desirable.

The length of the cleats on the shoe should depend entirely on the field on which the game is played. The real short fibre cleats are the best on hard baked fields. On soft grassy turf fields the cleat should be about three-quarters of an inch in length. There is little to choose between the conical and rectangular cleat. I have had some men who preferred the conical and some who preferred the rectangular. Before the game, however, the trainer should take care to see that the cleats are in good shape. The long conical cleat is the best on muddy days. The cleats here, of course, should be much fewer in number so as to leave a greater space between cleats. If a school can afford it the team should have one shoe to practice in and then a lighter, sprint type of shoe to be used in games only. Between seasons the shoes that need it should be cobbled. They should also be well oiled with neat's-foot oil and shoe trees put into them so they will retain their shape. Most players make a mistake in wearing a shoe too short. The shoe should be plenty long enough and should fit snugly, particularly so under the instep.

PANTS

The football pant also has a very definite bearing on winning and losing games. They should afford the maximum of protection and yet be of minimum weight. They should be cut peg-top style like a pair of riding trousers, giving absolute freedom of movement and still not being so baggy that the thigh pad flops around, giving the tackler a chance to grab the loose pant. Neither should there be any strings in the back of the pant to grab hold of. In practice and in scrimmage I have found it best to put extra padding on all over the player so as to minimize injury. The night before the game, however, I take away from

the players all but the real essential padding. The Notre Dame pant, first designed by Mr. Harper and myself, has been improved somewhat from year to year and I have seen nothing in all the newer ideas that I like so well. They are made of eight ounce army duck. Papier maché is cut up into strips and imbedded in felt or rubber-foam vertically over the hips. These strips are not so long that they will bend over, but just long enough so that they will cover the point of the os inominata. They are cut to fit very snugly around the knees but the peg-top effect makes them full in the seat and not too loose in the thigh. The thigh guard, therefore, even when laced in cannot flop around. With our backs and ends we tape on the thigh pads and this tape should not be put on too tightly nor too loose. If it is too loose it will slip and come off and if it is too tight the tape will break. The thigh pads can also be sewed on to bathing trunks which can be worn underneath the football pant.

I use a special type of clipping pant for the linemen with a little extra protection for the hip bone. There is no protection, however, up around the ribs and the waist and hence there is no temptation to use this part of the body for blocking. The cartwheel block should be done by the buttocks as this is the heaviest part of the anatomy and therefore the most effective. All pads which have a tendency to slip up and go around the ribs and waist are a fine protection but they are liable to have the men block with the wrong part of the body.

If the team has to play on a hard field they should play with a leather knee pad and this should be sewn on the pant to keep the pant from wearing at this point. On a soft field it is not necessary to use a leather knee pad. What I use is a rubber sponge held in place by an elastic bandage to protect the patella. I have also used a solid thigh guard and have had practically no charley horses. I believe it is superior to a split thigh guard because it distributes the shock over a much larger area and therefore there is less shock to the square inch. The thigh guard should be placed on the thigh somewhat toward the outside so as to cover the sartorious muscle. I have never heard of any one

getting a charley horse on the inside of the thigh so any thigh guard there is wasted.

The hip protection is held together in the back by two elastic bands so that the pant will hug close to the body even when the ball carrier is leaning away over, eliminating the possibility of any tackler reaching a hand out and grabbing it. This elastic can be replaced from year to year very easily and economically. A good pair of eight ounce army duck pants should last for eight or ten years and can be handed down to the scrubs and freshmen, saving money over a period of years. The big thing, however, is that they are light, they protect well, they give complete freedom of movement and they look well. They *must* be light as speed is vital.

THE HEAD-GEAR

I can remember years ago when the players wore merely an elastic around the head to protect the ears. There are still some players who insist on playing without a head-gear. It is true a serious injury to the head rarely happens, but a man without a head-gear may be knocked temporarily out of his head and the fact not be noticeable to his teammates. This may cost you a game and it is to obviate any chance of this sort that I insist on every player putting on the proper head protection.

The most important items in the head-gear are that they must cover the medulla oblongata and over the outer corners of the eyebrows. The holes over the cup around the ears should be large so that there can be no interference with the sense of hearing. The head-gear should be well ventilated. In the southern states felt should be absolutely eliminated. Webbing or leather cups in the crown of the head-gear are superior to rubber for the reason that they distribute the shock better. Rubber does not distribute a shock. The head-gear should be purchased to exactly fit the head. I have never forgotten a game wherein one of our ends went over the goal line all by himself, turned around to catch a pass coming through the air straight at him when the head-gear, about a size too large, tilted over his eyes and blinded him. It did not cost us the game but it might well

have. The head-gears should be shellacked frequently so as to retain their shape.

SHOULDER PADS

There has been a vast improvement in the shoulder pads which have appeared on the market the past few years. The shoulder pad should protect and yet be light and not bind. The linemen having a rougher job should have a heavier shoulder pad giving extra protection to the sternum. No shoulder pad, however, really protects unless it covers the acromion process. The ends and the backs who have to throw and catch forward passes should not use a pad that in any way interferes with complete freedom of movement. I have found fibre by far the best shock absorber, superior to leather, rubber or felt. However, rubber-foam can be used on the inside as a cushion under the fibre. Felt pads should be eliminated as on wet days they become extra heavy. They also afford a soft cushion for the opponents. Besides being cheaper than leather, fibre will retain its hardness while at the same time molding itself to the body.

JERSEYS

The kind of jersey worn depends entirely on the climate. In a warm climate a close knit cotton jersey is by far the best. The body will not perspire nearly so much and as a result will be cooler and more comfortable. In cold weather use a pure worsted jersey closely knit. A team using the Notre Dame pant does not need a jock strap contraption. Teams using skeleton pads under the jersey, however, will find the jock strap jersey worth while as the tendency of the jersey to pull out is therefore obviated. The jersey should be large enough in the shoulders so as to leave comfortable room for shoulder pads. The jersey with stickem cloth does not prevent fumbles though they may serve in some cases psychologically.

STOCKINGS

Stockings serve three purposes. They should protect the feet from the shoes, the legs from the cold and they also prevent to

a certain extent cuts and abrasions. The real heavy wool stocking is too heavy. In cold weather use the light close knit wool stocking. In hot weather wear the cotton stocking or perhaps play without stockings and with just an inner-sock to protect the foot from the shoe. A team may also play without stockings on a very wet day to a good advantage. In real cold weather the wool inner-sock is fine. I use the heavy Rockford cotton hose for the inner-sock in more temperate weather and I buy my stockings, therefore, footless. These inner-socks should be washed frequently and the athlete after a bath should be very careful to dry between the toes. These precautious will tend to keep the feet in good shape. A player with a sensitive skin should wear a shin guard under the stocking.

In playing the game the members of the team should be equipped with the lightest possible equipment affording the maximum protection. At the same time they should have complete freedom of movement and they should look well. Many teams wear too heavy a uniform. This may prove disastrous in the modern game when speed is so essential. A player with a weak knee should use an elastic knee brace with an aluminum hinge on the outside. The knee should also be taped in case it is very weak.

Whenever a team scrimmages the backs and ends should have their ankles wrapped, and the linemen should have their wrists taped. An ounce of prevention is worth a lot. Players with chronic weak shoulders should have special protection built. In the case of merely weak shoulders the cantilever pad will suffice.

But from the sporting goods house whose motto is QUALITY. The coach who is perhaps the most vitally interested in equipmen should do the buying or at least should have a lot to say.

On a real cold day in a cold climate it is well to put wool underwear on the players and buy them some wool gloves which they can take off as they enter the game. A good warm coat is absolutely essential as the players sitting on the bench should be kept warm, otherwise when they go in the game they will be

absolutely unfit for at least five or ten minutes. Individual drinking cups should be used for the water instead of the dirty unsanitary sponge. On a real muddy day the center should also carry a towel in his belt so he can wipe off the ball whenever necessary. Special metallic scrapers should also be handy, when there is time out, to be thrown out to the players so they can clean their cleats. The metallic scrapers can be thrown back to the sidelines when play is resumed.

DIAGRAM KEY.

Offensive linemen and backs . ●

Offensive center ..... ○

Ball carrier ..... ✗

Path of ball carrier ... —·—·—

Direction of diving interference and decoys ..... ⟶

Block ..... ⟶|

Defensive linemen and backs . ○

Defensive center ..... ●

CHAPTER II

TRAINING AND CONDITIONING

DIETING

The modern ideas on dieting for a football player are very much a matter of common sense. It is not necessary to dry out for a week, to eliminate use of water, sugars or butter fats. In fact a fellow should eat very much what he craves, with a few exceptions. It is best to stay away, almost entirely, from fried foods, as these generally imply inefficient cooking, and the greases and fats are very hard to digest. Cocoa or chocolate come in the same category as greases. A man who has played as hard as a football player does will find that he has a craving for butter fats and sugar, and this craving should be satisfied. Rock candy is good, or lump sugar, but no chocolate candy. Athletes should drink plenty of water between meals. Coffee should be given for breakfast only, and only to those who have the coffee habit. At noon or in the evening they should drink a glass of milk or a cup of weak tea, without cream. Pies and pastries are not good and should not be eaten.

Eat Regularly

Meat once a day is often enough. Roughage in the foods is essential, and these should be taken in the form of turnips, spinach, asparagus, celery, beets, and raw cabbage. Boiled cabbage is hard to digest. All fruits are good except bananas. Cereals are good, especially the hot cereals. Lettuce and tomato salads, and acidulous fruits are fine as furnishing the necessary vitamins and alkaline food ratio.

Eat regularly three times a day, and don't eat between meals; exception—an apple at bed time. When you are on a trip away from home give the men as closely as possible the food they

are used to. Take no ice in the water and no ice cream. It is not good to chill the stomach after a hot meal. It is not necessary to carry your drinking water along. Buy distilled water at the drug store. The water must not physic the players. Use no alcoholic stimulants for any one who has gone stale, or at any other time. If a man has gone stale, sweat him and give him a salt rub.

The Day of the Game

On the day of a game breakfast should consist of a good steak, a baked potato, toast, coffee or milk. The breakfast hours should be from seven-thirty until nine (no heavy meal after ten o'clock). For lunch, a little consommé, and toast (it is all right to give a very large man a little roast beef). If the game is called for two o'clock eat lunch at eleven. If the game is for three o'clock eat at twelve. An athlete should never eat anything which does not agree with him. Each individual should study his own idiosyncrasies. After an important game let the men relax and break training to the extent of a dish of ice cream or a piece of pie. This will help them relax and recuperate for the next game.

CONDITIONING

Men report in the fall in three different kinds of condition. There is the man who has worked hard all summer at thrashing or firing, and has overdone this to the extent that he reports underweight; secondly, there is the boy who has worked at rugged outdoor work all summer, not to excess, and he reports robust and in fairly good shape to start the campaign; thirdly, there is the "softy" who reports soft, flabby, and away out of condition. Regardless of how the man reports the work the first two weeks should be easy. If the man is underweight, easy work will be just the thing to give him a good appetite so that he will eat heartily and soon be up to normal weight. If he reports in fair condition light work is all that will be necessary the first two weeks to keep him fit. Light work is all the "softy" can stand, because if you work him too strenuously he may either

hurt himself or may get disgusted and quit. After two easy weeks, however, the next four weeks should be concentrated, and consist of the real hard work of the year. All the season's scrimmage should be packed into these four weeks and no scrimmage should be done before the third week, and very little after the sixth. A team should be in the best of shape after six weeks and after that just enough work should be given the men to keep them fit and on edge.

Long jogs are bad for a football team as it makes them loggy. Short wind sprints are better. Five minutes of limbering up exercises daily help to condition the men, keep their muscles soft and limber, develop coördination, and quicken their reflexes.

Going Stale

There is nothing to worry normally, about a man going stale, except to watch the weight charts. If a man doesn't pick up in weight in the twenty-two hours between practices, in other words, if he doesn't recuperate and if he also appears languid, suffers from loss of appetite, has bad color in the eye, and is tired of football, it is then time to lay him off for several days. It would be well to work this man lightly for the rest of the season. The work the day before the game should be quite light and the work on Monday should not be very heavy. Some boys should not be worked as hard as others as you cannot work them all the same. The nervous high-strung boys cannot stand as much work as the phlegmatic type. Every player should be careful to use antiseptics on any cuts or abrasions, and should watch to see that his bowels are open three times daily. Be careful to anticipate changes of temperature so as to fight colds. Pre-season training should consist of boxing, wrestling, track athletics, basketball and handball. Too much swimming is not good as it softens one for football. Tennis and golf are good games, but there is not enough exercise to golf itself for pre-season work for football. Combined with tennis it is o.k. The bucking machine and tackle dummy are all right as artificial devices, but I don't believe in the bucking strap. Neither do I believe in the apparatus for side-stepping nor do I believe in any other artificial

apparatus. We have to use the bucking machine to develop leg drive, and the "forearm shiver" for linemen. We get along as much as possible without the tackling dummy, but we find we have to have it to teach tackling to the green men and also to toughen the squad. Later in the season when we have acquired form and condition the tackling dummy is no longer used, and the would-be tackler uses the live ball carrier instead.

TREATMENT OF INJURIES

Injuries should receive instant attention. Of course we try to prevent them as much as possible. In the early scrimmages the players must be well protected as it is practice we want, we are not trying to beat anybody. Weak ankles should always be bandaged or taped. Either the Glimstead or the Gibney method may be used. In case of a sprained ankle put on the Glimstead bandage immediately and leave on for two days or longer making the man walk on the foot as much as possible. This is a rather heroic treatment as the man will not sleep for a night or two, but it invariably results in a cure in three days. For a bruised shoulder on the acromion process, which is generally a nerve bruise, the best treatment is hot and cold water alternately. High frequency electricity may also be used, but with caution. Rubber doughnuts on the acromion process and then covered with a sole leather padding, lifting the pad so that the weight is carried by the front and rear of the shoulder, may be successful when you have to play a man with this type of injury.

For knee injuries the best treatment is moist heat followed by a general massage. Injured knees can be taped and on top of the tape use an elastic bandage with an external aluminum hinge. For bruises, boils, etc., use a sole leather cap lined around the edge with felt thick enough so that when the sole leather cap is taped on there can be no pressure on the bruised area or the boil. In case of an injury to the ribs or cartilage the man should be immobilized. By this I mean having the man exhale all the air from his lungs that he can and then tape tightly, taping from the sternum to the backbone. Charley horses are of two kinds:

first, the one produced by a hard impact; second, a sprained or pulled muscle, caused by stopping suddenly. The one caused by hard impact is a bruised muscle and blood is allowed to escape into the surrounding tissue. The best cure for this is a massage and heat. The heat can be put on from a therapeutic lamp or by diathermic heat from a high frequency machine. In case you have neither, put two layers of tight tape across the charley horse and make the player get out and work it out. He may also wrap red flannel around the charley horse when he goes to bed at night which may prove quite beneficial. In the case of the second type of charley horse the athlete should have the area taped tightly and then be let off for a week or two. Heat will be found beneficial in this case also. A player who is injured should not be put back too soon. This may cause a recurrence of the same injury sufficient enough to keep the man out for the season. A bruised hip should be treated and protected much the same as a bruised shoulder. Form a cup over the injured part.

Whenever any injury to the bone results and any fracture is suspected an x-ray picture should be taken at once. Osteopaths as well as regular surgeons are good on bone injuries. However, chiropractors are the bunk.

No Coddling

A team should never be coddled in regard to their physical ailments, but rather should be made to adopt a Spartan attitude. Every man should report any injury, so as to make sure that a more serious injury may not follow and also to make sure that no man who should not play is allowed to get into a game or scrimmage. No man should ever be played if he has an ailment of a chronic type, as playing a rough game such as football is, might very easily give him a permanent injury. Every team should have several comedians among them so that the squad is always in a good humor. If my football squad is not laughing, singing, or horse-playing in a shower bath I am alarmed. On the day of the game they should be raring to go and all on edge for the opening whistle.

CHAPTER III

FUNDAMENTALS

(A) TACKLING

Tackling is probably not emphasized to-day as strongly as it was before the advent of the forward pass. There are so many things to be done that a coach cannot give it the time that he could in the old days. It is still, however, very important. You cannot defeat a good tackling team very badly. The deadly tackler is a big asset. No man should be on the team who cannot tackle well. The defensive safety man does not have to tackle often, yet when the time comes for him to make a tackle it is *vital* that he make it. Other men may miss tackles, but teammates behind may bring the ball carrier down. A safety man must get his man or a touchdown results. Some men with big high school reputations do not like to tackle. They will, however, when they realize that they cannot make the team by merely being ball carriers. A good tackler is enthusiastic about it and gets a lot of pleasure out of a neat job well done. Tackling requires head work, good judgment of distance and timing, and plenty of nerve. After a week of instruction on the dummy give him work in actually tackling a man carrying the ball.

The tackling dummy which unloosens when you hit it is not good. The tackling dummy held by a rope teaches a man to hang on against resistance. The dummy suspended by a pulley is better and can also be used to teach the blocking. Draw a line eight feet from the dummy, making the men leave their feet behind this. This develops leg drive—the big thing in tackling. This is not natural, but has to be developed. The first tackle to teach is the straight-on tackle. Get to the man as soon as you can. The position is somewhat crouched, with

the eyes open and head well back; the knees are well bent and legs apart. The shoulders are slightly lowered so that the man can get under the opponent's straight arm. The back should be straight, and he should hit with his body squarely behind the shoulders. The moment you hit the opponent you straighten your legs, bring your arms forward and drive right through him, thus forcing him back one or two steps. It is well to have the hands closed so that there will be no temptation to grab hold of the opponent's pants. Or, you may clasp one wrist with the other hand and draw violently inward, still pushing back with the shoulder.

Tackling from the Side: Throw the body in front of and across the opponent, and a little further than appears necessary, so that he will fall over your body at the same time hooking him with both arms. Get both legs if possible and pull to you. Get a good leg drive, keep eyes open, and your head back (closed eyes are probably the chief reason for most missed tackles).

Tackling from the Rear: This requires merely leg drive and nerve.

Time your tackle with the steps of your on-coming opponent. This will cause fewer head injuries to your tacklers.

Tackling a rabbit-type of back. Tackling this type of back is the exception to the rule. He loves to have you go for his legs because of his shiftiness, and he should, therefore, be tackled around the neck. This is the only sure way of stopping him. This not only stops this small will-of-the-wisp halfback, but destroys his confidence.

(B) BLOCKING AND INTERFERING

This is the essence of offense in football, and no man, no matter how good a ball carrier he is should be allowed to play on the team unless he also knows how to interfere and block. I would far rather have a good interferer than a good ball carrier, insofar as the team is concerned. Interfering and blocking is done in many different ways, depending upon where it is executed, the kind of play used, and the type of opponent. There

are, however, six different ways which I shall enumerate. The purpose of blocking and interfering is to keep the opponent away from the man carrying the ball without the use of the arms or hands.

1st, *Shoulder Block:* Tail low, legs well apart, head back, eyes open, lots of leg drive; used in opening holes. A zig-zag step is generally used to make a quick opening, whereas a shoulder to shoulder charge is used to make a more delayed opening.

2nd, *Indian Block:* Slap him with hip, and with head and shoulders in the stomach if possible. This is used in blocking on forward passes and kicks, and the man using it makes a defensive man "show" first.

3rd, *Leg Blocking:* Using that part of the leg above the knee in a leg swing as a follow up of the Indian Block.

4th, *High Back Block:* On all fours using back and the inside knee. This block is used to protect the passage of the ball on wide plays, and the linemen should initiate the movement before the defensive players have a chance to make a move.

5th, *Pivot Block:* This is to be used by the end tackle; on defensive gives end stunt so he can mix things up better. Pivot on the outside leg and be ducking; try to sit in the opponent's lap so to speak.

6th, *A running dive with a roll:* This means to throw your body horizontally at an opponent very much the same as a running tackle only you do not use your arms and you hit him with your side or hips and keep on rolling. You may use the running dive, high, medium, or low. The high block is to be used at the neck from in front; the medium block above the knees from in front; and the low block, or sideswipe is to be used at the ankles from the side.

(C) FALLING ON THE BALL

Do not fall on it if you have a chance to run for a touchdown. However, a loose ball in a crowd should be fallen upon.

Watch the Ball; concentrate on it. Throw body on the ground so that most of it hits at once, if necessary using leg drive. You must leave your feet. Fall around the ball, not on it. Bring

ball to the pocket formed by stomach and thighs, with the arms and hug it. If opponent is also going after the ball keep your body between the ball and your opponent. If ball is rolling throw body in front to stop momentum.

(D) PICKING UP THE BALL

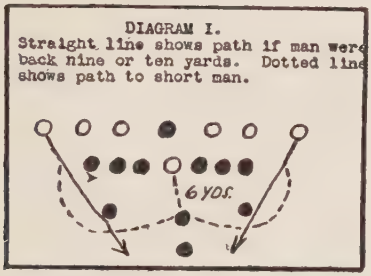
Be sure you are in open field and clear; keep eye on ball; have advance foot at the side of the ball and slightly in front when picking it up; be relaxed. Bend upper part of body and knees and don't chop step at approach; go low, quick and decisive, using only one hand; use the other hand to stop momentum of ball after it has been clearly raised from the ground.

(E) KICKING

1st, *Kickoff:* Try to get some big powerful fellow to kick the ball over the goal line every time. If not able to do this have him kick it as high as possible. On a wet day or against a very strong wind, on the kickoff, kick a wicked rolling ball which may be entirely mis-handled. The only point to bear in mind on the kickoff is to concentrate on the spot you intend to hit, and to hit it hard with a locked knee, leg swinging in a vertical arc.

2nd, *Place Kick:* The holder of the place kick is just as important as the kicker. He should receive the ball from the center and place it on the spot agreed upon as soon as possible, and in the correct position. He leans upon his left knee and extends both hands forward and as soon as caught the ball is held in position by the index finger of the right hand. If the distance to be kicked is less than twenty yards the kicker stands about seven or eight inches behind the ball with the left foot a little bit to one side. The kicker takes a look at the goal post and gets his mental picture. He may even, by means of his cleat draw a line along the ground showing the direction of his vertical arc. He now concentrates on the ball and as the holder of the ball places it, the right foot is brought back, describes a short vertical arc and the ball is kicked mostly by flexing of the knee. There is no attempt made to get distance—merely accuracy.

In kicking more than twenty yards have kicker stand back about two yards from the ball. The kicker then takes a short step with the right foot, places left foot about seven inches in front of the ball and to one side and crowhops; leg must swing in a vertical arc and he must *never* take his eyes from the ball. The man holding the ball for the place kick should not be over six yards back. This makes it harder for the ends to get at him.



3rd, *Dropkick:* Hold the ball with the finger tips. The ball should be dropped from knee height perpendicular to the ground. This gives you accuracy. In order to do this your body should be bent forward. Ball is dropped as short a distance as possible. Some men kick the ball with the toe, others with the instep. Leg must be swung in a vertical arc and eye must be concentrated on the ball. A drop kick is more easily blocked than a punt as it does not rise as quickly.

4th, *Punting:* Punting used to be fifty per cent of the offense. Now, however, I doubt if it is more than twenty-five per cent, on the average team. However, a good defensive team with a good kicker is hard to beat.

Do not burden your punter with a heavy shoe. The question of how far a ball will travel depends not upon the weight of the object which hits it, but on how fast the object is traveling, otherwise in baseball we would be using iron bats instead of the light willow ones for fungo hitting. The kicker must watch the ball and he must extend and depress his toe so that the ball is kicked on the instep. The ball is held with the forward point slightly inward and in a horizontal position. The ball should

be shaped and dropped, not tossed. Keep your eye on it and follow through. In swinging the leg the knee should be slightly bent and then just at the end the knee should be snapped. This gives extra speed the same as the wrist snap does in swinging the golf club. The ball is usually met about two and one-half feet from the ground. The ball should be held with the fingers of the right hand on the rear of the ball and the fingers of the left hand to the side toward the front. The ball is held by the finger tips and not gripped. Hold the ball with the lace to the right side. This aids in getting the spiral.

In case you have a man who is a natural lateral kicker, do not try to change him.

The kicker, on standing back, should stand with his feet spread about two and one-half feet apart, with the toe of the right foot even with the toe of the left foot. He should not give any indication as to whether he intends to kick or run. There are now two methods of footwork: 1st, the small quick man takes a short step with the right foot and then crowhops; 2nd, for the bigger man the best method is to have the kicker step back with the left foot as the ball comes back and then just as the ball is caught use a little crowhop by driving off his left foot and swinging. It is well to have men charging through on the kicker in practice. This takes fear out of the kickers' minds, since they become used to having the men come through at them.

The center should pass the ball as fast as possible. There are three things the kicker should work for besides form: 1st, he should work for *Speed* in getting the kick-off. If he takes more than two seconds this time should be cut down as there is too much danger of the kick being blocked. If the only kicker you have is a slow man move him back further and your team must block harder. 2nd, the kicker must work for *Height*. A kicker must never outkick his ends. This is extremely dangerous. It is better to have a man punt forty yards so that the ends can be down under his punts than to kick sixty yards thereby outkicking the ends twenty yards. 3rd, he should work for *Placement*. When kicking from near the middle of the field

he should learn to place the ball out of bounds near the five yard line. He should also learn to keep the punts away from the clever returner of punts.

The kicker should not be overworked, as a kicking leg is very much the same as the arm of a pitcher. As the kicker advances in form and skill he should try to develop consistency.

The kicker should kick very high with the wind and low against the wind. On a wet slippery day rolling punts have many advantages. *Above all keep your eye on the ball, depress the toe and follow through.*

Catching Kicks: In catching punts the safety man stands with both feet flat on the ground, fingers and wrists relaxed, elbows close to the sides of the body. The fingers are spread, but not tense; eyes on the ball. Pay absolutely no attention to men coming down the field. Catch the ball in the soft spot (stomach) and pin it against the stomach with the hands. The quarterback should watch the ball right into his arms and then start straight up the field having tucked the ball away securely. The safety who always catches the punts, but never brings them back very far is more valuable than the "flash" who brings them back quite a distance, but is inclined to fumble. The distance a safety man should stand back depends upon the wind, position on the field, and the kicking leg of the opponent. He should learn to judge a ball from the way its forward point is tilted. A ball with its forward point tilted too high will drop more quickly on account of the increased resistance. A safety man should get to the spot where the ball will land as soon as possible. A few old "heads" have laid back three or four yards behind the point where the ball is going to land, and then just in time they start forward and catch the punt. This, of course, gives them a fine chance to get past the end and into the open field for a long return. However, it is very dangerous, and few men should try it.

CHAPTER IV

OFFENSE

There is always a doubt in the minds of coaches as to which is the more important, offense or defense. Both are important, but I do believe it wise for a team to pay more attention to offense. In case you have an early game with a rugged opponent your defense may stop them dead. However, along in the second half with the score nothing to nothing there may be a fumble and one of the opponents may run a long distance for a touchdown and kick goal. The score would then stand seven to nothing against you and the thing you would have to call upon under these conditions would be the offense. If you have only defense you would now be helpless. For that reason I always pay a little more attention to offense than defense, as it is more difficult to get results. Offense involves more finesse in timing, judgment and more complex team play.

Football and Warfare

Some coaches like to compare football to warfare and they liken the offensive team to the attacking army. They say that the line of scrimmage can be used either as artillery or as infantry, and that the quarter-back is the Chief of Staff, and all that goes with the Chief of Staff. The backfield may be likened to the cavalry, or an aeroplane squadron. On the defensive side, the defensive line may also be called the infantry or artillery. The defensive backs may be either cavalry, bayonet men, or anti-aircraft men, depending upon the style of attack the offensive team is using. Quite a few of our moves are also very analogous to the maneuvers used in army warfare, and I will admit that there is quite an analogy. However, there is a

very serious difference. Warfare is a very serious thing in which thousands of lives are involved and also the defense of a country. An army, therefore, in warfare, can afford to take but few chances and men should play it very safely so as to conserve human life and to stay in existence for the defense of their country. However, football is just a game. In case one team scores a touchdown there is nothing lost and there is nothing to prevent the other team from coming along and scoring two touchdowns. In warfare if a man's life is lost, or if the entire army is destroyed it is all over. In football, however, a touchdown may merely be the means of spurring on the other team to coming back with enough punch to still win the game.

Versatility of Attack

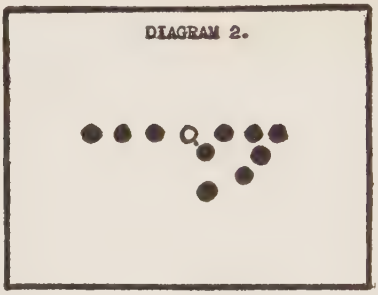
To have complete versatility of attack in football means that a team must be grounded in all branches of offense. It must be able to take advantage of any weakness shown by the defense anywhere, and it must be able to gain ground against any type of defense, under any conditions. Ten or twelve plays well learned will give a team a much better offense than forty or fifty plays half learned. I don't believe any team can use more than thirty plays and have perfection in execution.

There are a lot of formations used in football, but I don't believe I would use a formation unless I could use all four methods of offense from it. These four methods of offense are: (A) Thrust; (B) Flank; (C) Kick; (D) Forward Pass.

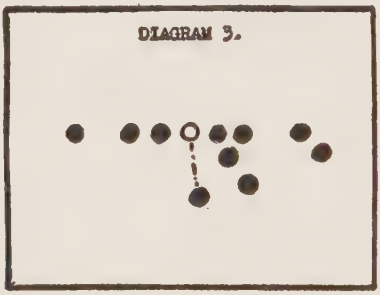
(A) Thrust, between two defensive tackles;
(B) Flank, outside of defensive tackles;
(C) Kick, Place Kick, Drop Kick, Punt, or Surprise Kick;
(D) Forward Pass, any kind of a play wherein the ball is thrown forward to a teammate.

We can divide all kinds of formations into four kinds. Any formation you can think of can be classified under one of the following divisions:

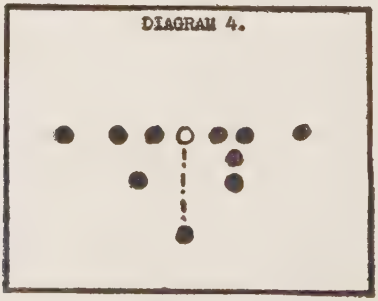
(A) Close Formation (Quarterback handling ball, Ends in Close, Backs in Close). This formation stresses thrust plays.



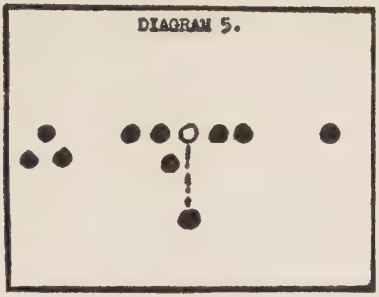
(B) Open Formation (Direct Pass; Ends Flanking Tackle; Backs a little wider apart). Stresses Flank Plays.



(C) Punt Formation (Man back about ten yards—should be a triple threat). Stresses the kick.



(D) Spread Formation (Ends and Backs spread over a wide area—sometimes also linemen). Stresses Forward Pass.



Your plays in a regular attack must all have the following qualities:

(A) All plays, including fakes, must be strong plays in themselves—deception alone is not enough.
(B) On forward pass plays the ball must never be thrown at a dangerous angle.
(C) The play must fit in with a sequence of plays from the formation.

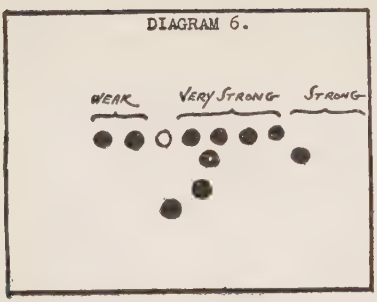
The success of a good play as far as the offense is concerned will depend on:

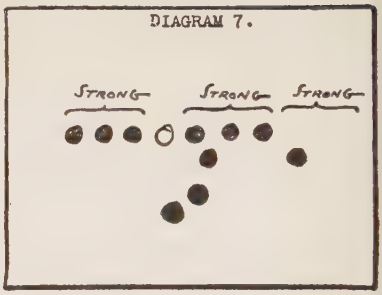
(A) Superiority of line charge and interference;
(B) Fast starting and getting to the point of attack fast;
(C) Proper timing;
(D) Every assignment fulfilled by all the eleven men.

BALANCED vs. UNBALANCED LINE

Some coaches prefer the Balanced Line and other coaches prefer the Unbalanced Line—as follows:

The unbalanced line gives the offensive team a powerful attack behind the four linemen on one side of the center. The center is not a good point to hit, of course, because the snapper-





back is too engrossed in passing the ball accurately to be able to charge effectively. The unbalanced line, however, is not quite so strong outside of tackle, nor is it so strong back on the weak side. The balanced line has not as much strength driving from the strong side. This is compensated for, however, because it has more strength outside of tackle and back on the weak side. I would say, generally speaking, to use the unbalanced line, if you have driving backs, and the balanced line if you have fast shifty backs.

Shift Attack

Coaches are also divided on the set formation as compared to the shift attack. The coaches who use the set formation say that it gives the quarterback a better chance to look over the defense and therefore he can be more certain as to whether or not a play will work than he can in the case of the shift attack. However, I will not admit this. If the defensive tackles, center and fullback all keep moving around as the quarterback keeps calling his numbers the offensive quarterback will have to do a lot of guessing even on a set formation. Furthermore, the defensive team has a long time to look over your different backs and unconsciously, probably at least one or two of them will "point" or tip off the play. Of course, teams are coached to guard against this, but even the best of men will sometimes do it. In the case of a shift attack, I mean by this a team which shifts only the backfield, the backfield shifts and is stationary for a moment. Then they are off again before the

defensive has had a chance to look them over and pick up any tipping signs or mannerisms. The offensive end can tell the quarterback how the tackle is shifting, the offensive tackle can tell how the guards are shifting and the offensive guards can tell whether or not the center is staying in or pulling out. The offensive halfback can tell whether or not the ends are coming in tight or playing square. With this in mind the offensive quarterback, by keeping his eye on the secondary and tertiary defense can get just as definite a point of view of how the defense is placed as the quarterback in the set formation. Furthermore, their shifts should be so fast that the defense does not have quite enough time to be able to analyze whether you have a Square Formation, a Z-Formation of a V-Formation, whether or not it is going to be a direct or an indirect pass. If the defense is not sure on these points it is handicapped. Contrary to the opinion held in some circles, the shift is used only for deception and not for momentum. I do not believe in the line shift, as it adds very little to the deception and instead just merely tires out the big heavy linemen who are unfitted physically for the fast dexterous movements of the shift. In order to be successful a backfield using the shift must be nimble, rhythmical, and coördinately light on their feet. If I had a big plunging backfield which was clumsy and could not shift with grace, I would use the set offense. I have talked to hundreds of coaches as to which they would rather play defense against—the set or the shift, and almost unanimously they have said that the set offense is easier to meet. I use a shift offense whenever I can. On the shift offense two counts should be spent in position after the shift, so as to insure no momentum.

Opening Holes

Coaches are also differing in their opinions as to the respective merits of opening a hole by means of the shoulder to shoulder charge or by the quick opening method. Each method has its advantages. Against a line playing high and waiting, the wedge method is the best. When playing against a defensive line which is down low and against the ground the quick opening method

is the best. A good college team should therefore have both methods of opening holes. It is probably asking too much to have a high school team use both and I would determine whether I would use one or the other by the kind of material I had. If I had a big powerful line I would use the wedge and if I had a light fast line I would use the quick opening. The key-man to take care of, of course, under either method, is the defensive player backing up the line. If the man back of the line is not taken care of no line plays can gain. In the case of the wedge he is taken care of because the wedge is supposed to go on through intact to this man and the defense will have difficulty breaking through it. In the case of the quick opening plays one back will have to go through the hole in front of the man carrying the ball in order to take care of this defensive player. He can also be taken care of in a large measure by deception in the backfield.

Relative Merits of the Square, Z, and V formations.

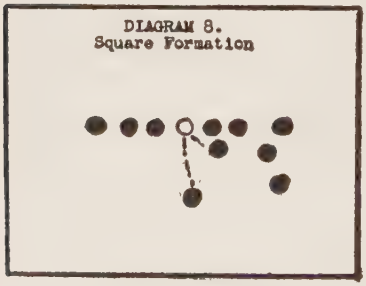


DIAGRAM 8.
Square Formation

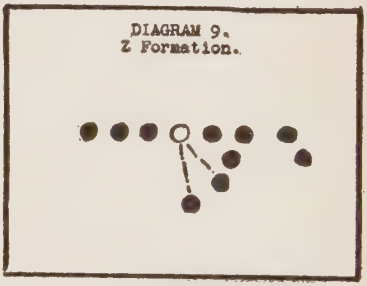


DIAGRAM 9.
Z Formation.

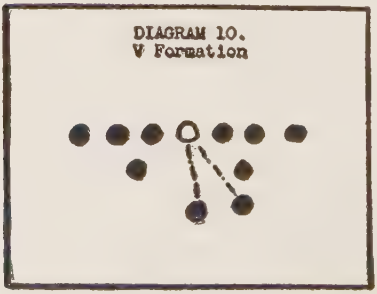


DIAGRAM 10.
V Formation

Square Formation better around flanks. It also gives you the possibilities where the quarterback may come in at times and handle the ball.

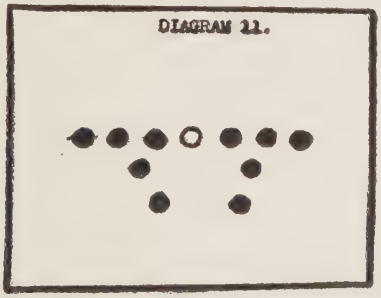
Z-Formation gives you a better punch—back into the middle of the line and back to the weak side.

V-Formation is good to kick from and run the ends, but not so strong into the line.

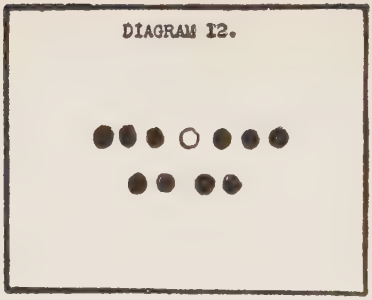
INDIRECT METHOD VERSUS DIRECT METHOD

Some coaches use all direct passes and other coaches use no plays in which the quarterback does not handle the ball. Both methods have their advantages. Forward pass plays and plays off tackle are better when the direct pass is used. When the quarterback handles the ball, however, we have certain hidden ball plays, split bucks, delayed bucks, etc., which cannot be used otherwise. The most versatile offense, therefore, is one which combines the strong points of both the direct and indirect passes. I would not use too many formations on offense, but instead would use just a few good formations and exhaust all the possibilities.

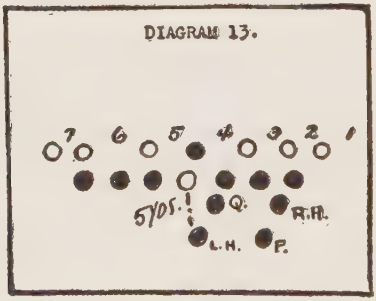
The following formation is a strong formation because you can use any kind of a play from it.



The following formation is an example of a weak formation, because you have not much versatility of attack from it.



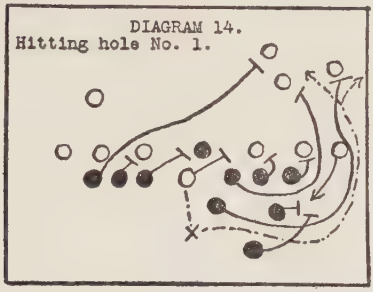
If I line up a team with a box formation and then line up a defensive team it would readily be seen that the defensive line presents *seven* holes which may be attacked.



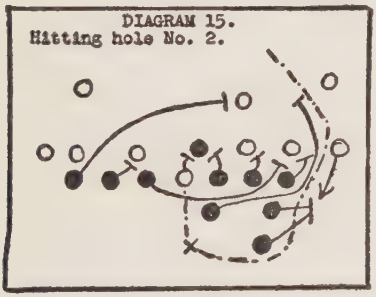
I shall now try to diagram plays to hit these seven holes and in order to make the plays successful these plays will all start very much alike, and are therefore what we might call a sequence. This sequence also means that they depend one upon the other and that their successful use lies in their being used in an intelligent and logical sequence. In other words, the use of one play may not gain much ground, but has the effect of making another play which looks much like it, very strong.

In the modern game of football every one of the eleven men on offense must take part in the play. Every man must fulfill his own important assignment to the best of his ability. It must be borne in mind that a good interferer never looks back.

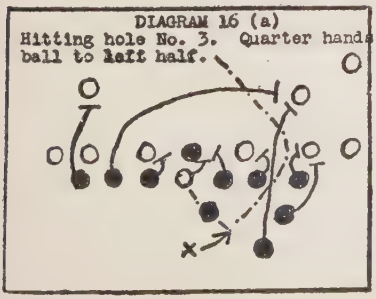
Hitting Hole No. 1: (This is very seldom used, generally in case the defensive end comes smashing in to attack.)

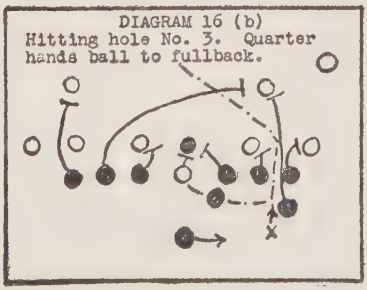


Hitting Hole No. 2: (This is a good spot to hit, and man carrying the ball must get to the point of attack as soon as possible.)



Hitting Hole No. 3, A & B: (The hole inside of tackle can be hit in either of the two following methods.)





Hitting Hole No. 4:

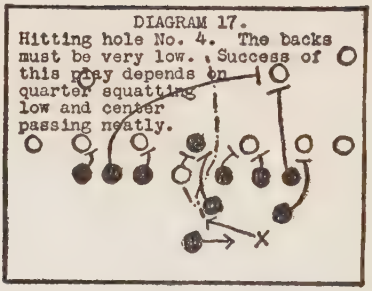
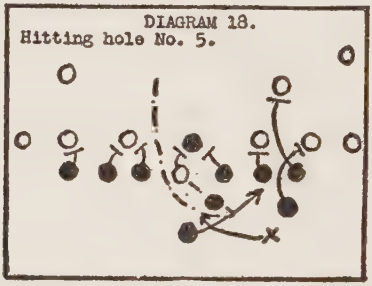
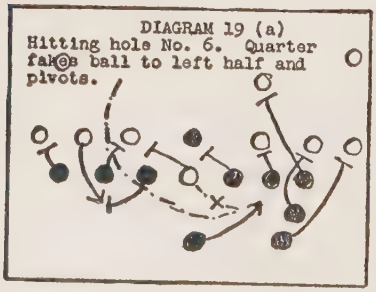


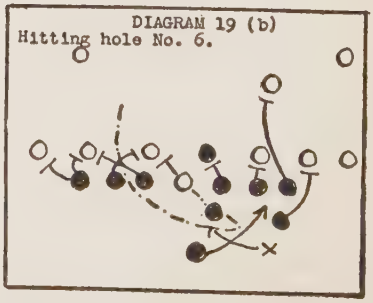
DIAGRAM 17.
Hitting hole No. 4. The backs must be very low. Success of this play depends on quarter squatting low and center passing neatly.

Hitting Hole No. 5: (Split buck. Quarterback must be clever in handling the ball.) Quarter fakes ball to left half, hides it, and gives to fullback who has delayed.

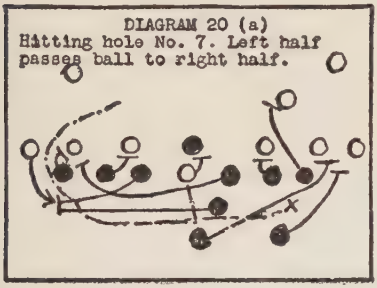


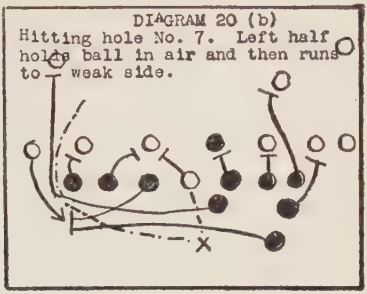
Hitting Hole No. 6, A & B: (A—a quarterback sneak play; B—another method of executing the split buck to hit another hole. This play also involves cross-checking.) Offensive left tackle charges defensive guard first and then offensive guard scissors tackle.



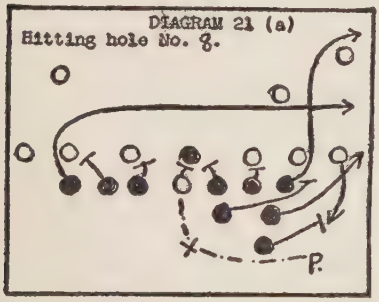


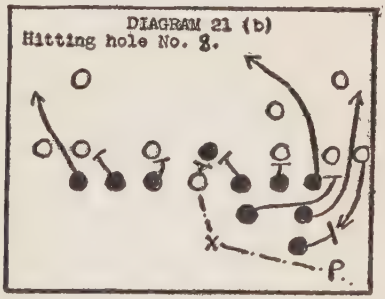
Hitting Hole No. 7, A & B: (A—criss-cross play; B—fake forward pass.)





Hitting Hole No. 8: (This would be nothing else than a forward pass play and so I am diagramming two simple forward passes.)



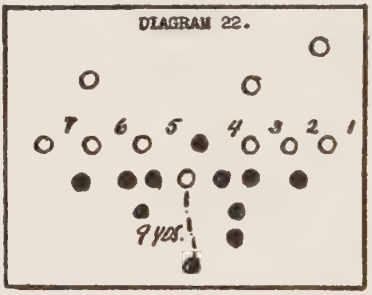


This gives us a complete system of offense from this one formation and the same system can be followed in building up an offense from any sort of formation. These nine plays along with a surprise kick give complete versatility of attack from this particular formation. The same thing can be done if you take a z-formation, a v-formation, a punt formation or a spread formation.

A sequence of plays from these formations will be given in a summer course, but there is not room for them in this book, and they do not differ markedly from plays at present in good books on the market. A lot of "downtown coaches" frequently

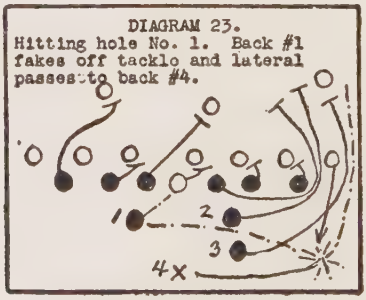
give a lot of advice on good plays, but I would advise you always to stay cool and not allow yourself to become irritated. *"Yes"* them a lot and be friendly with everybody. More coaches fall down on their contacts outside the field than actually fall down coaching on the field.

SEQUENCE OF PLAYS FROM PUNT FORMATION

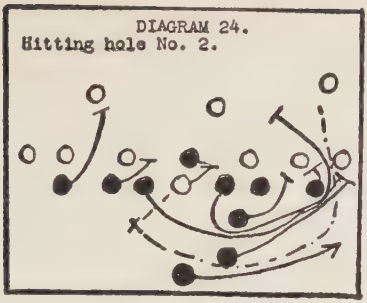


Using the same method which we use in showing the sequence of plays from the square formation, we will use plays hitting each one of the seven holes.

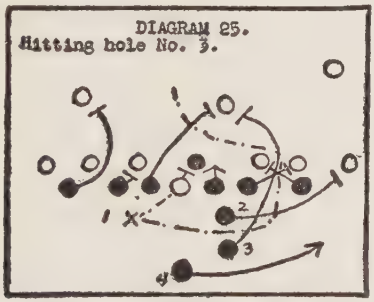
Hitting Hole No. 1:



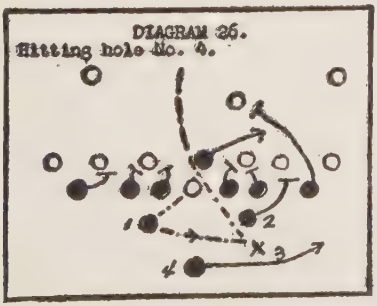
Hitting Hole No. 2: (Off tackle play from punt formation.) Right guard and back No. 3 keep end out. Left guard lead interference. Back No. 4 fake wide.)



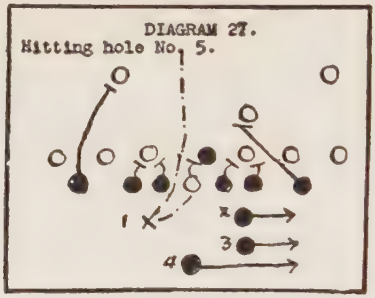
Hitting Hole No. 3: (Inside tackle play off punt formation.) Right end cross checks first on defense guard. Right tackle delays and then cross checks defense tackle. Back No. 2 blocks either the defense end or tackle.



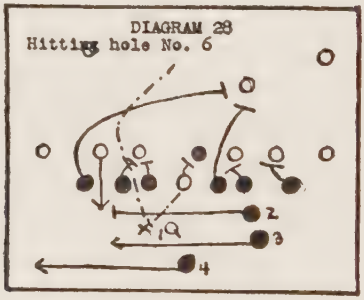
Hitting Hole No. 4: (Used generally when defensive center is pulling out fast or has already dropped back.) Back No. 1 gets ball from center, fakes to right, passing ball backwards to back No. 3 who hits over center.)



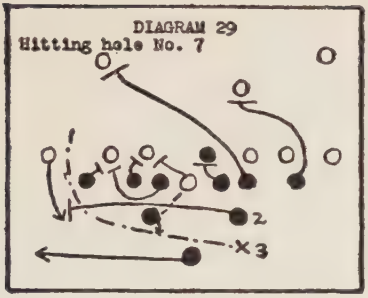
Hitting Hole No. 5: (Very similar to previous play.)



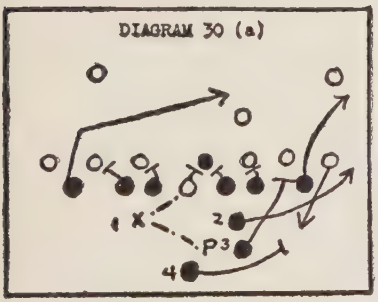
Hitting Hole No. 6: (This play is a little different from the others and involves the use of what we call the "spinner.") Back No. 1 gets ball, pivots and fakes ball to back No. 3. He then spins back through line inside of defense tackle. Back No. 2 passes in front of back No. 1 and blocks tackle out.

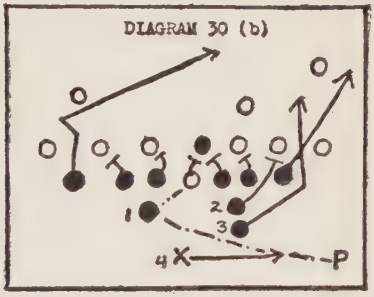


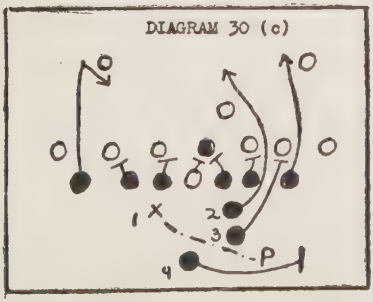
Hitting Hole No. 7: (Back No. 1 gets ball from center, pivots and gives ball to back No. 3 who carries it off tackle. Left guard helps end on tackle. Back No. 2 crosses in front of back No. 1 and blocks end out.



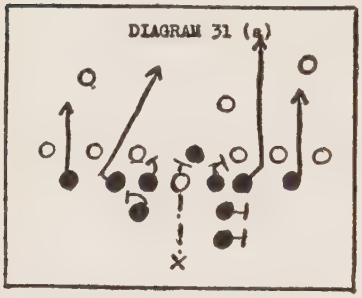
THREE FORWARD PASS PLAYS FROM PUNT FORMATION.



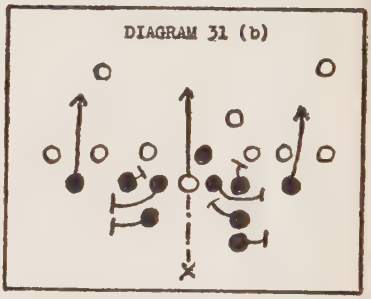




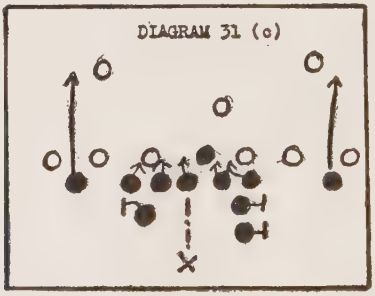
THREE METHODS OF BLOCKING FOR KICKER, AND OF SENDING CERTAIN MEN DOWN TO COVER ON KICKS



Tackles check and then down field.

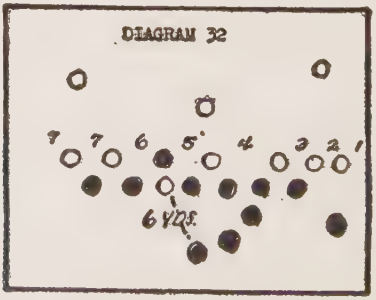


Guards pull out, protect from flanks.



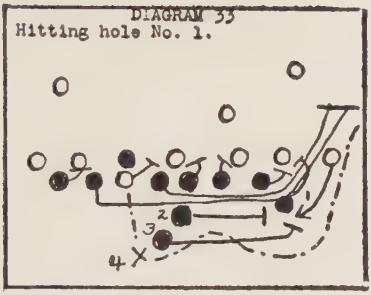
Shoulder to shoulder in line.

Sequence of plays from Z-formation: (Unbalanced line.)

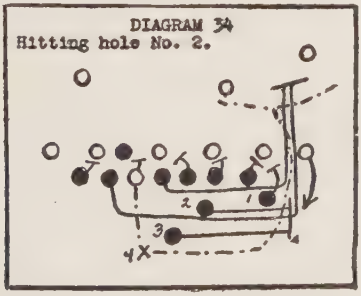


The first play we will show will be the play hitting hole No. 1.

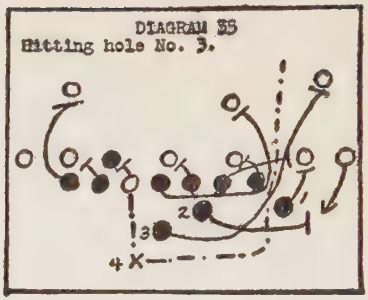
Hitting Hole No. 1: (Back No. 2 holds feet on end. Back No. 3 leaves his feet. Back No. 1 and right end use high low block on tackle.)



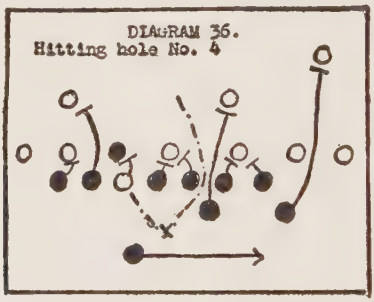
Hitting Hole No. 2: (The guards must stay together; and back No. 1, the enveloping back, should be the best interferer; back No. 2, the quarterback; back No. 3 the line plunger, and back No. 4 the triple threat. You must have fast mobile guards. Backs No. 2 and No. 3 must stay shoulder to shoulder on end. Back No. 4, the ball carrier, can cut right or left after passing line of scrimmage.)



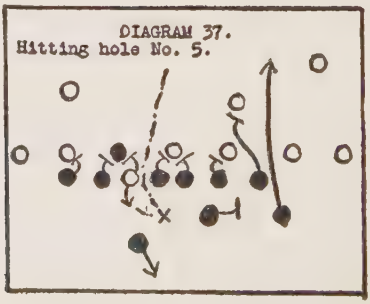
Hitting Hole No. 3: (Back carrying ball must start wide, slowly, and cut back.) Right end side swipes defense guard. Right tackle delays and cross checks defense tackle.



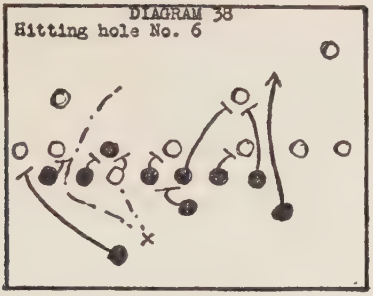
Hitting Hole No. 4: (Backs must stay low and center must keep the ball so defense cannot tell which man is getting it.)



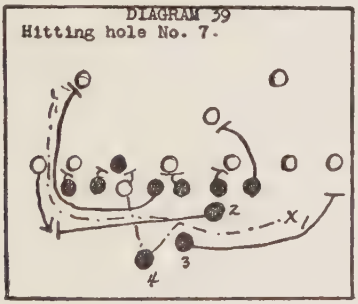
Hitting Hole No. 5:



Hitting Hole No. 6:



Hitting Hole No. 7: (Reverse play. Back No. 4 gets ball from center, fakes off tackle play to right, then passes ball back to back No. 1 who reverses.)



It will be noticed that the various plays off each of the three sequences resemble each other more or less, which probably has caused some coaches to make the remark that there are only seven plays in football and that every play, except, of course, a trick play, is one of the seven, and that whatever difference there is is merely a matter of embellishment. Fundamentally they have practically everything in common. However the little details used in dressing up plays are themselves very, very important. In fact, in offensive football every little minute detail must be accurate and duly stressed. The poor football coach takes everything for granted, while the good football coach takes nothing for granted.

HUDDLE SYSTEM

There has been much discussion about the huddle system on offense, or as it is sometimes called, the "ring around the rosy." The use of this was brought about by the fact that in a large stadium with a tremendously large crowd it was sometimes difficult for all the offense to hear the quarterback's signals. If correctly used it has also a strategic importance. Running out from the huddle a team can line up in one of many formations and the ball may be snapped before the defense has had time to analyze the strength and weakness of this formation. The method is particularly useful when you are springing a surprise formation on a team.

A team using the huddle, however, lacks the punch which it would have with a great quarterback with wonderful voice and personality directing it. The huddle play also enables some teams to do a lot of stalling. However, if properly used it has a lot of points in its favor. The referee has the right to stand right in the middle of the huddle to make sure that there is no stalling.

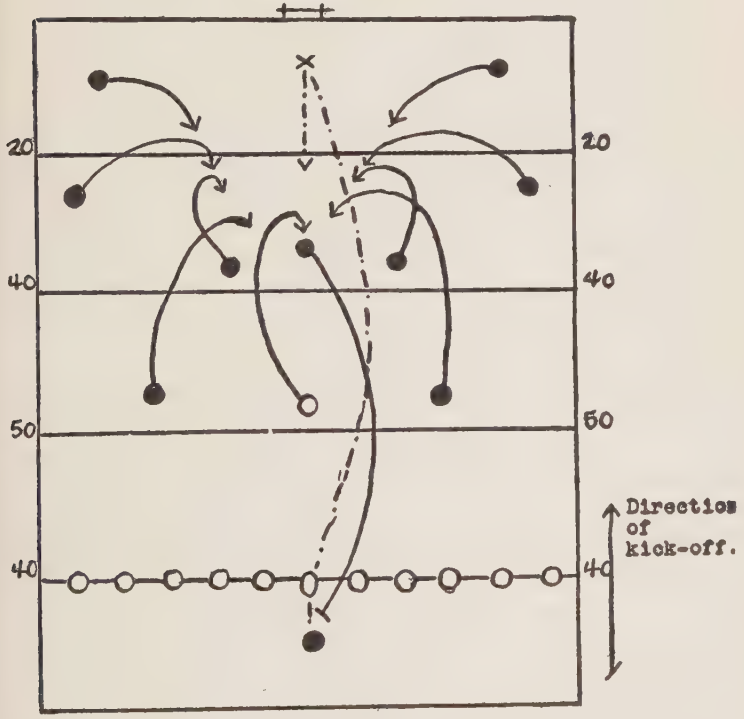
KICK-OFF

The team kicking off must send ten men down the field just as fast and as hard as they can go. One man stays back to play safety. The ideal kick-off is to kick it over the goal line, or to kick it high so the men can get down under it. The man receiving the kick-off should be hemmed in and restricted to a small area, which makes it easy to corner and tackle him. Use your hands, change your pace and be agile, so as to avoid the interference trying to knock your feet out from under you. Be alert for criss-cross, or for a man reversing his field. In case the team receiving the kick-off uses the wedge, have one man pile up in front of the apex man of the wedge, or have fast wing men break in the flanks. The side receiving the kick-off, has, in my opinion, splendid strategic possibilities. I don't believe we have developed at all the possibilities of returning the kick-off.

Using the Wedge.

The simplest method of returning the kick-off is to use the wedge (Diagram 40). The center comes back and by using nice judgment of distance and timing, governed by watching the receiver of the kick-off closely, he turns at just the right time

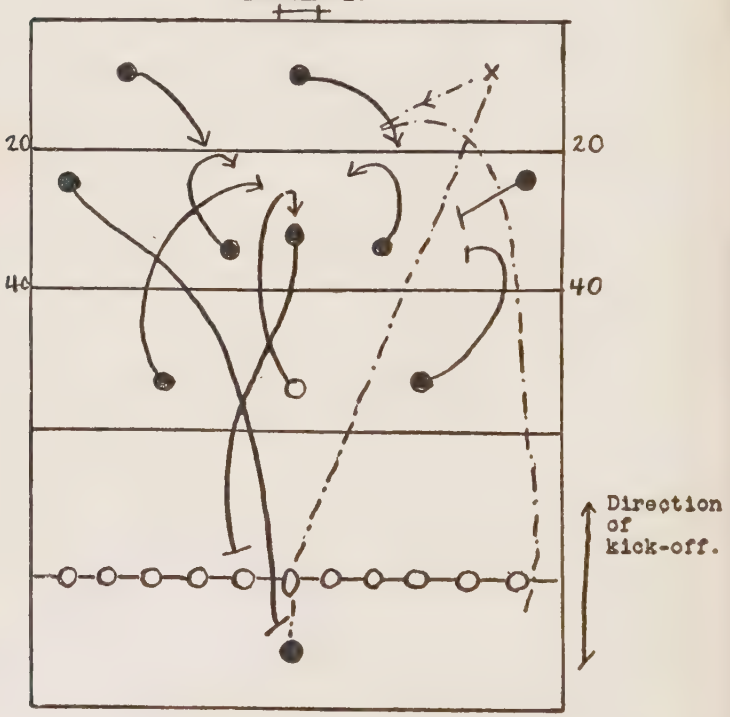
DIAGRAM 40.



and stands still for an instant. Then he is off straight up the field. The guards form on either side of him, the tackles on the guards and the ends on the tackles, and the two backs on the ends, forming your flying wedge. The center who is the apex of the wedge is supposed to keep running, holding his feet as long as he can. The right guard, when he has to, leaves his

feet and blocks to the right, away from the center, and the instant he does so the right tackle closes the gap between himself and the center. An instant later the right tackle may clip outward, away from the center, leaving his feet, and the instant he does so the end comes up and closes the gap so that the wedge

DIAGRAM 41.



continues to exist right on through to the safety man. The quarterback makes a personal assignment of taking care of the safety. The man carrying the ball runs right into the funnel, as fast as he can, waits for a break in the defense, and then pops through.

Diagram 41 shows the method of returning the kick-off, wherein the man carrying the ball suddenly reverses his field. This is done

by pre-arrangement. The end and guard on whose side the man who reverses his field ultimately comes, lay out and clip in at just the right time. The guard clips the end in, and the end clips in the second man from the outside. The man carrying the ball must be fast and must reverse his field with much speed. The end from the opposite side goes through for the safety man.

Ball changes hands here.

DIAGRAM 42.

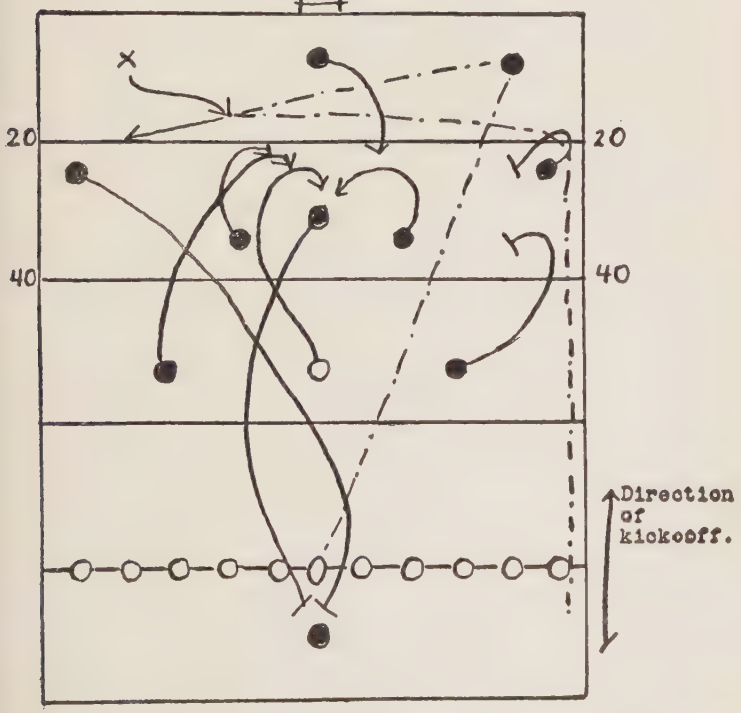
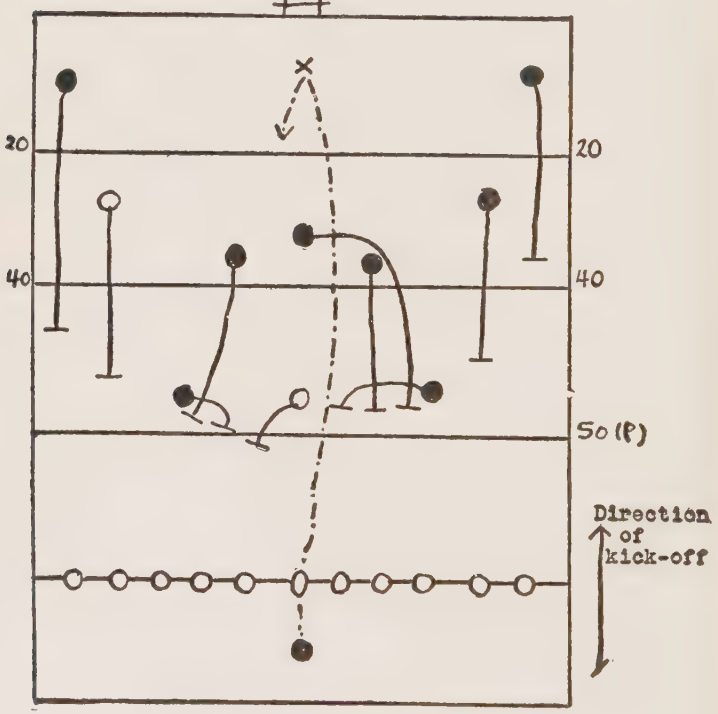


Diagram 42 shows a very similar play to the preceding kick-off, except that the backs criss-cross. Criss-crossing must be neat and sure. Do not use this type of kick-off unless you have halfbacks who have sensitive hands and who are nifty performers.

Diagram 43 shows a kick-off formation using man for man interference, and the man carrying the ball goes where he sees he has the best chance, or, where he has been previously informed, the kicking side is a little bit weak.

DIAGRAM 43.

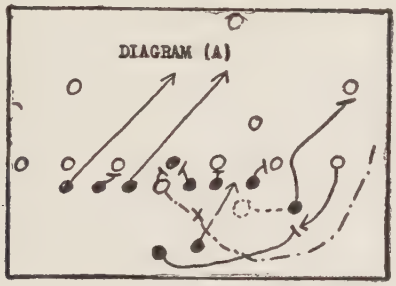


NEW SEQUENCE OF PLAYS

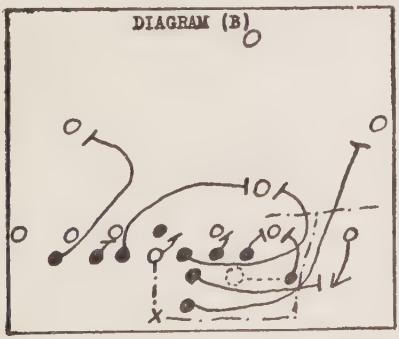
Regular Shift—Leading Back in Motion

Leading back, after shift has stopped for one second, starts walking laterally towards flank. He starts with his outside foot on first step. The third step should be distinctly backwards and

ball is passed by center at this instant. The leading back now becomes, in reality, a wing back. His being in motion, however, gives him a great flexibility and enables him to more easily disguise his intent. Have the quarterback count out loud and in regular cadence.

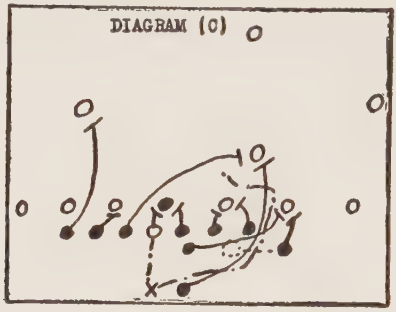


Hitting hole #1. (Fake fullback plunge with quarterback sneak around end.) Wing back fakes at defensive tackle, goes down and picks off defensive left halfback. Left halfback fakes as though he has ball, eases up and then knocks defensive end in. Offensive fullback must look as though he has ball.

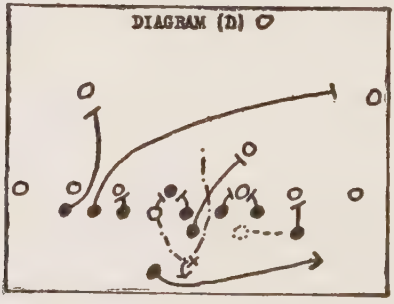


Hitting hole #2. (Off-tackle play.) Fullback and quarterback both go at the end but quarterback gets him alone and fullback cuts through for defensive halfback. Wing back hits

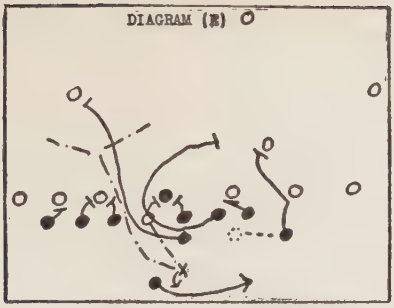
tackle high and end hits defensive left tackle low. Wing back must be a charging fool.



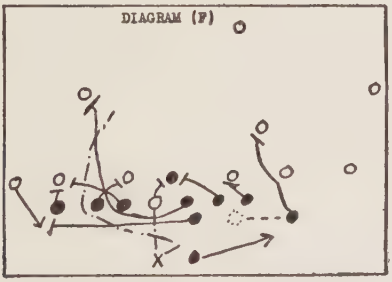
Hitting hole #3. (Cutback inside of tackle.) Right tackle hits defensive guard full on and right end from the side and they root defensive guard out of there. Wing back hits defensive tackle easy and low, just getting contact and straightens him up so quarterback can take him out. Fullback cuts right through the hole directly. Left halfback must fake wide as though the play is going wide, then cuts back to the hole and after he has passed line of scrimmage must cut toward the center.



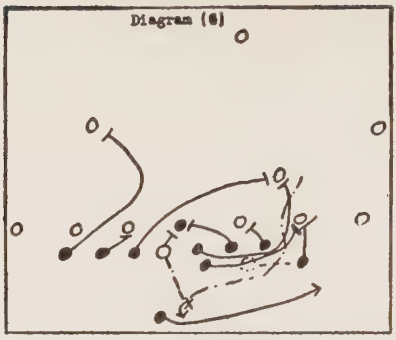
Hitting hole #4. (Half-spinner.) Ball comes directly to fullback who fakes the ball to left halfback after which he drives straight through the line. Left halfback must fake as though he has the ball.



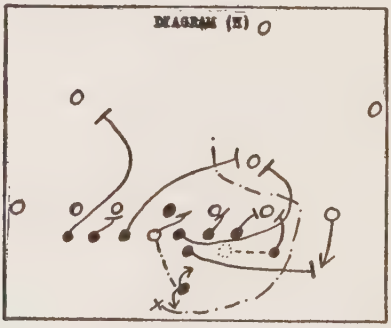
Hitting hole #5. (Half-spinner.) Same as above play except that right tackle pulls out and goes through hole on weakside with the quarterback. This is a powerful line plunge.



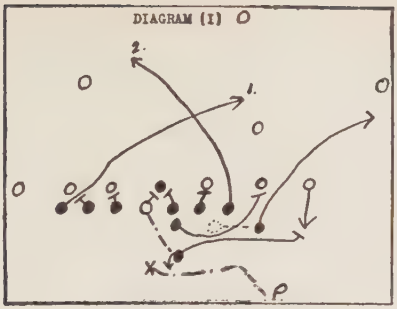
Hitting hole #6. (A fake followed by a plunge through weakside.) Ball comes to elft halfback who takes one step to right and delays just a slight instant to allow right guard to pull to the weakside, going through the hole ahead of the ball carrier for the secondary and also allowing the quarterback to come back to the weakside, to keep the end out. Left tackle and left guard on the weak side scissor or cross check. Leading wing back fakes at defensive tackle and goes right through for defensive fullback.



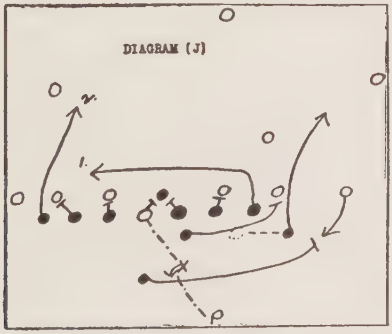
Hitting hole #3. (Fake spinner with plunge back inside of tackle on strong side.) Fullback fakes ball to left halfback and then spins back inside of strong side tackle. Right guard pulls out and goes through hole ahead of ball carrier, picking off defensive fullback. Wing back merely gets contact lightly to outside of defensive tackle which helps the quarterback to come and block the tackle out.



Hitting hole #2. (Left halfback carrying the ball off-tackle on a spinner.) On this play the ball comes directly to fullback who turns and gives ball to left halfback after which he fakes back into the line. Left halfback must cover up the fact that he has the ball, otherwise the play is the usual off-tackle #2. Quarterback must be good blocker.



(Spinner followed by forward pass). Ball comes directly to fullback who spins and gives the ball to left halfback. Left halfback takes several steps and then drops back and passes, preferably to left end who has cut over in middle, behind the defensive fullback and is first choice receiver. Right end is second choice. The fullback after he has given the ball to the left halfback must swing wide and block the defensive end, a difficult thing to do.



(Fake spinner followed by a forward pass.) Ball comes directly to fullback who spins and fakes ball to left halfback. Fullback then drops back and throws forward pass. Left halfback while faking as though he is carrying ball must block the defensive left end. Right end fakes straight down the field and then cuts short to his left. He is first choice receiver. Left end is second choice.

HINTS ON OFFENSE

1. Plays must not be over thirty in number.
2. Plays must all have following qualities:
   a. All plays including fakes must be strong plays in themselves, deception alone is not enough.
   b. Be careful on all pass plays to see that ball is never thrown at dangerous angle.
   c. Play must fit in with a sequence of plays from the formation.
3. Formation must be one from which you can use any method of offense.
   a. Thrust.
   b. Flank.
   c. Kick.
   d. Forward pass.
4. Four kinds of formations are:
   a. Close. (Quarter handling ball, ends in close, backs in close.) This formation stresses thrust plays.
   b. Open. (Direct pass, ends flanking tackle and backs a little wider apart.) Stresses flank plays.
   c. Punt formation. (Man back ten yards should be triple threat.) Stresses kick.
   d. Spread. (Ends and backs spread over a wide area, sometimes also linemen.) Stresses forward pass.
5. Success of execution of good play depends on:
   a. Superiority of line charge and interference.
   b. Fast starting and getting to point of attack fast.
   c. Timing.
   d. All assignments fulfilled by all eleven men.
6. Do not use offense which depends for success on fooling someone. Some trick plays are all right to keep defense guessing but that is all. Depend on deception, power and superiority in execution of fundamentals.
7. Timing and practice in remembering assignments can be perfected by dummy scrimmage.
8. Quick opening, wedge, and shoulder to shoulder turtle back crawl should all be used so as to get versatility.
9. Shift plays should be fast enough so as not to permit defense either to shift fast enough to meet nor allow them to diagnose.
10. All plays should be covered or disguised as long as possible.
11. Do not use too many plays. A few plays well learned are better than too many not well learned.
12. Be sure to exhaust all the good possibilities of a formation. It is better to have only a few formations using all the possibilities than many formations with only a few plays off each.

CHAPTER V

FIELD TACTICS

Common sense field tactics are just as essential to a team as fundamentals. This may seem to be a broad statement, but the more I see of football the more I am convinced of the importance of generalship of the right sort. Every institution has at least one natural rival. The annual game between these institutions is probably the climax of the season so far as these two teams are concerned. On the average there is not much difference in the physiques, physical condition, execution of fundamentals, and strength of these teams. What then is usually the deciding factor in these closely contested games? Is it luck as most spectators or the losing coach would have it? No, it is generalship or field tactics. The team which wastes no energy or yardage, takes no foolish chances, drives when it counts most, follows the ball, and outguesses the other is generally the winner, everything else being fairly equal.

Inspecting the Field.

On the day of the game it would be well for the coach, captain and quarter to take a trip to the field and look it over thoroughly. If a baseball park is being used, special attention should be given to the location of the infield in the gridiron. Weather, direction of wind, probable position of sun, physical condition of your own men and of opponents, style of play of opponents, tactics your team has used in past games, mental condition of your own men and opponents, and what game follows, should all be borne in mind by the coach in planning his attack. He must, however, in explaining to his men, have certain basic principles on which to rely and on which to form his deductions and exceptions. With this in mind I have divided the gridiron into trans-

verse divisions or zones and longitudinal belts. We will take up first Map No. 1, which shows transverse zones.

Map No. 1 is to be considered very elastic and to hold good only under conditions named therein. When these conditions change exceptions arise for every change. This map as shown will not hold good against certain types of teams. We will take up these changes of conditions and exceptional types of teams later. So first we will take up Map No. 1, under the conditions mentioned.

Choosing the Goal

The team winning the toss should choose the goal with the wind behind them. The wind is a fickle element and by the second quarter may change direction or may die down altogether. So make the best use of it while you can. If there is not much wind, and particularly if the opposing team is strong defensively and weaker offensively, it might be best to choose to kick off. However, we will assume that there is a fair wind and that we have chosen to receive with the wind behind us.

If the ball is downed in the danger zone it is best to punt on first down. It is entirely too dangerous to rush the ball in this zone even for one down. Any sort of slip might be fatal as you must keep in mind that the opponents are within the shadow of your goal posts. So kick the ball out of there as quickly as possible.

Conserving Strength

In the transitional running kicking zone, it would be wise to try a couple of plays with two objects in view: one to find opponents' weakness, and the other by means of a long run to carry the ball into offensive territory. By this I do not mean that the team should use the strongest plays here. I mean just the opposite. A team should conserve its strongest plays for the offensive zone, otherwise by the time it advances very far the defensive team, will have become accustomed to these plays and can meet and stop them. What I mean is to use one or two simple plays in which the man carrying the ball might pos-

sibly get away for a run. Use a back who, if he goes at all, goes for a big gain. It is a great temptation for a quarter to start out from here for a touchdown, especially if one or two plays work fairly well. He must stifle this desire for if the teams are evenly matched he will be stopped before he goes very far and he will not only have shown his hand, but he will have wasted a great deal of yardage, for the other team upon getting the ball can kick it right back. So conserve strength and use kicking game with wind as means of gaining ground. Kick at least on third down.

In the Forward Pass Zone.

When the team gets the ball into the transitional forward pass zone, the quarter can begin to take more chances. If the first play fails and conditions are right a safe forward pass play might be tried on second down. If the first play goes well, straight plays should be used to make first down. Use a strong play on first down again and meet conditions as they arise. Kick on fourth down, however, even if you have less than a foot to go. In this case if you have a good kicker he should boot it out of bounds near the goal line or kick it extra high. If the defensive man back is weak catching punts choose the latter. The other team can only kick it back to you, and as the wind is at your back and everything else equal, you should gain ground in the exchange. Besides, you will have first down again and can resume your campaign with a free hand.

When you get the ball inside of opponents' 40-yard line you are in offensive territory. Here the quarter should lay his plans to score as soon as possible. The plays should be run off quickly and every possible punch should be put into the attack. Use your best play on first down so if five yards are gained you will have three down to make the remaining five. If stopped here use pass or trick play, depending on the personnel and disposition of the defense. Do not pass, however, if a running attack is working successfully. If forced to kick here, use place or drop kick, but it must be kept in mind that it takes three goals from the field to beat one touchdown. If you see that you will have to

try a kick, manuever so as to get the best angle at the goal posts and the best footing.

Scoring Plays.

If a team is able to get into the scoring zone there is no reason for not being able to cross the goal line. Every team should have three or four plays which are essentially scoring plays. They should not be used in the earlier part of a game unless this opportunity arises. The quarter, from previous experiences, will have found a weak spot or the team will have to make a weak spot. If he has found a weak spot some time previous he should have nursed it along, using it only as actually needed. Now is the time to make the best use of it. If there is no apparent weak point the quarter will have to use his best judgment as to where to make one. For instance, against a tight defensive line a wide play will go where a buck would not. Use a back who keeps his nose close to the ground and can hold his feet. Don't pass unless there is an unusually good opportunity. A touchback here might prove a turning point against you. If the game is even near the end of a half a place kick might be the thing

With Wind Against You.

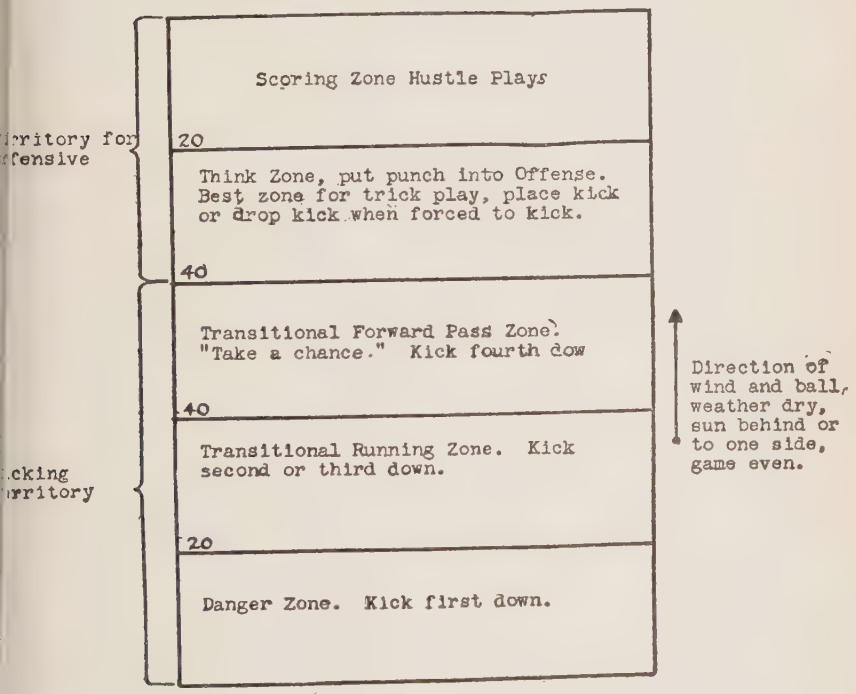
We will now take up exceptions to the conditions mentioned in Map No. 1. First we will take up the condition of the wind being against you. In danger zone you will not kick on first down, but will try to rush the ball far enough to offset whatever distance the team with the wind gains on each exchange of punts. Play should be slow and deliberate. A team on offense tires more than a team on defense, so the quarter will have to nurse along his backs so they will still have the kick later on when a break comes. Punts against the wind should be low and of the rolling type if possible. Place the kick as far away from the receiver as is possible. The main idea is to try to hold your own until the quarter is up and the goals are changed.

A Wet Ball.

On a wet, muddy day, a team had better do plenty of kicking and let the opponents try to carry the ball and do the fumbling. A wet ball must be kicked well on the instep. All dangerous

DIAGRAM 44 - MAP 1.

TRANSVERSE DIVISION OF FIELD


Scoring Zone Hustle Plays
20
Think Zone, put punch into Offense. Best zone for trick play, place kick or drop kick when forced to kick.
40
Transitional Forward Pass Zone. "Take a chance." Kick fourth dow
40
Transitional Running Zone. Kick second or third down.
20
Danger Zone. Kick first down.
Direction of wind and ball, weather dry, sun behind or to one side, game even.

plays, and plays involving nifty handling of the ball, will have to be eliminated on a wet day. Some plays, too, in which backfield men cut sharply may have to be curtailed. Mud cleats and previous scrimmage practice under wet conditions are a great help in having a team adapt itself. However, the best strategy is to play a kicking game and play for the breaks.

If you are up against a team which is all offense and no defense, in other words a team whose offense is its defense, then it is best not to play a kicking game. The best tactics here would be to hold the ball as long as possible and keep it away from your opponents.

Take a Chance.

If you are behind in the second half, then take any chance to win. Trick and forward pass plays should be used with abandon. Throw discretion to the winds and take a chance. If you are beaten, one more touchdown makes little difference. However, a touchdown by you may win the game.

Play Safe.

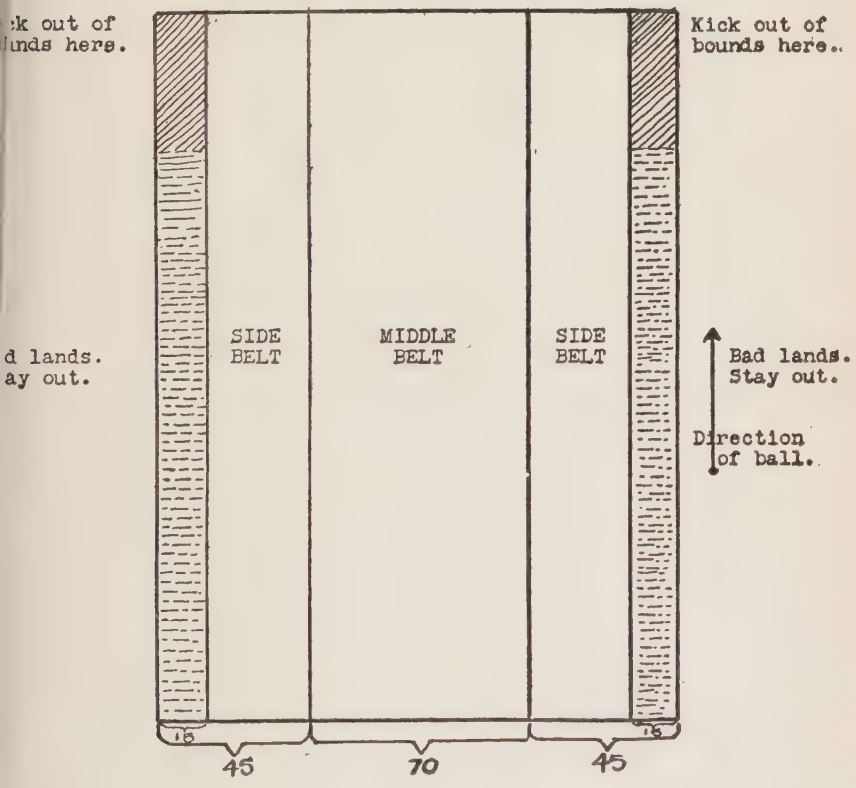
If you are ahead in the latter part of the second half, do not forward pass, play safe, make the play more deliberate and hold the ball as long as possible. The other team cannot score so long as your team has the ball. With a minute to play, tackle a dangerous forward pass receiver. The penalty cannot beat you but a completed pass may. If they punt in the last minute or two, play the ball absolutely safe.

Map No. 2 shows field divided longitudinally. Belts fifteen yards from each side line are designated as side belts. The other we will call the middle belt. That territory in the side belts five yards from each side line we call the "bad lands"; this is to be avoided by the offensive team. Should the man carrying the ball find himself in "bad lands" with further progress in a paying direction impossible, he should make every effort to get out of bounds. Should the ball be downed close to the side lines and a kick be imminent, one play should be to bring the ball further into the field. When a team is kicking in its own territory the ball should be placed fairly close to the side lines so that the receiver may be cornered. Do not kick it out of bounds. A kick rolling out of bounds near the goal line may be desirable when kicking from near the middle of the field—using the term middle here in a transverse sense. A team is limited in the plays it can use in the side belt. Double passes, split bucks,

trick plays up the side line or over center, and certain types of line bucks are more effective here. However, unless special tactical reasons are in mind, it is best to manuever into the middle belt.

DIAGRAM 44 - MAP 2.

LONGITUDINAL DIVISION OF FIELD



Advantages of Middle Belt

The middle belt affords a team more versatility of attack and hence more effectiveness. The quarter and the man carrying the ball should generally try to stay in this belt. If the wind is somewhat cross field, the quarter should use a play to get in

position to get the greatest benefit when kicking. By placing Map No. 1 over Map No. 2, the gridiron will be divided into fifteen squares. It might be well for the coach to number these squares. He can then give explicit directions to his quarter as to tactics in each square under every possible condition. While the quarter has no measuring tape, yet his judgment of distance can be developed to a point where he will not be far off in his judgment.

Defensive players should always have in mind the number of the downs, yards to go, time to play, position on field and score. From these facts and by watching closely for every sign shown by the offensive team the defensive team can analyze probable tactics of opponents. They should never be caught napping. But whether on offense or on defense, a player must always think, Think, *Think*. Terrific charging, effective blocking, clean tackling and irrepressible fight make a team unbeatable if it will *THINK*.

CHAPTER VI

FORWARD PASS

The members of the Rule Committee in the spring of 1906 introduced several innovations in an effort to save the great game of football. The guards back play, the tackles back play, the turtle back play, and plays where there was a mass on tackle had produced such a serious toll of injuries that there was quite a hue and cry against football. The Rules Committee in an effort to open up the game introduced the forward pass and changed the number of yards to be gained from five to ten. The use of the forward pass was, of course, very largely restricted, but it was there. The imperfection in the execution however, caused but few teams to develop its use very highly, and we still had considerable mass play.

Elimination of Mass Play

In the spring of 1910 the Rules Committee passed a rule prohibiting teammates from assisting the man carrying the ball. This was the change which eliminated mass play. However, because the forward pass could not be thrown farther than twenty yards beyond the line of scrimmage and because of imperfection of technique we had for several years an orgy of kicking. Many games were either tied nothing to nothing, or they were won by close margins as no team seemed to have any particular offense. The forward pass was used merely as a threat and even when used the ball was handled very much as if it were a heavy medicine ball in the gymnasium. The ball was thrown to a spot or to a zone or to a group of men. A few teams did have spread formations in which they put the passer back fifteen yards. The passer was then supposed to

look over the field and pick out which one of the eligible five men could get loose into the open. In the spring of 1912 the Rules Committee made the last important change it has made in the game. Whatever changes have been made since then have been mere detail. In the spring of 1912 the Rules Committee changed the number of downs from three to four. This has proven a great boon to the offense. It also put two end zones ten yards deep behind each goal post in which the forward pass could be caught. It also removed many of the restrictions against the forward pass and made more definite the penalties against interfering with the receiver. Since this year the popularity of football has increased by leaps and bounds and there is no doubt but what this popularity is due entirely to the open game, to the increase of the versatility of the offense and to the perfection of the technique of the forward pass. Most coaches to-day still disagree on many of the technical points of the forward pass and in the ensuing paragraphs here I shall put down in a brief way the ideas now in use at Notre Dame University regarding this play.

1. METHODS OF THROWING

(a) *Grip Pass:* The ball is gripped between the thumbs and fingers. Either the thumb or the fingers should lay along the lacing. Getting the proper hold of the ball should be done by touch alone, and it is not necessary to look at the ball while this is done. If the forward passer has to look at the ball while he adjusts it he advertises that it is a forward pass play and most of the effect of the play is lost. The ball is thrown over the shoulder, overhand, with the foreward point up and with as little spin as possible. Be sure to follow through for accuracy. On short passes the ball is arched somewhat, and is light and fluffy. On long passes the ball should be thrown fast and bullet-like, with very little arch.

(b) *Flathand Pass:* This is best for the man with a smaller hand and is also good on a very wet day. With this kind of a pass in mind, the ball is thrown with more of a side-arm motion. This pass is successful on short passes but is not so good on long

passes. On the long pass this method lacks accuracy and the ball has a tendency to curve and is heavy.

(c) *Baseball Pass:* This is an end over end pass, to be used on a wet muddy day, when neither of the others can be used.

2. HOW TO CATCH THE FORWARD PASS

(a) Catch in the hands like a baseball.
(b) Relax from the waist up and have the arms and the body soft and liquid. Wrists must also be relaxed and at the moment of impact the hands and arms should give as in catching a fly in baseball.
(c) Fingers should be spread as wide as possible without tensing.
(d) Receiver should turn the head only, to look for the ball. Never turn the body.
(e) Receiver must get it and tuck it away; concentrate on it. The man who lets them slip through his hands generally lacks "guts."
(f) Run fairly loose, with high knee action and long easy stride.
(g) Keep your legs under you so as to be able to leave your feet for the ball if necessary.
(h) Smooth motor and sensory coördination.

3. METHODS USED BY THE PASSER TO COVER UP THE FACT THAT HE INTENDS TO THROW A FORWARD PASS

No forward pass play is good unless both the passer and the receiver cover up as long as possible the fact that it is going to be a forward pass play. The methods used by the passer are as follows:

(a) Fake off-tackle run, drop back a step or two, stop, and then pass.
(b) Fake off-tackle play, fade away slightly so as to make sure you are over five yards back, and then pass while running at full speed. (If you have a passer who can do this you can then also use a fake forward pass play.)
(c) Quarterback takes ball from center and fakes ball to

another back, as if for a line buck. He then either runs back and passes himself, or he passes it backward to another back, who forward passes.

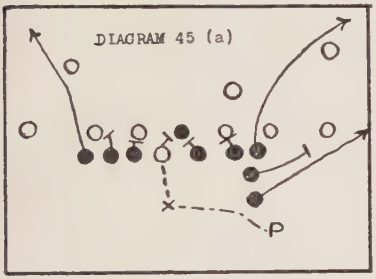
(d) On punt formation the man back in kicker's position fakes a kick and then passes.
(e) Stationary pass or passer just merely fading away. (Used in short screen passes.)
(f) Fake a stationary pass, and then run as if on end run, then suddenly stop and pass.
(g) Fake run and then pass back to another back who passes.
(h) Criss-cross in the backfield.
(i) Passer crouching low so that defense cannot see him before he passes.
(j) Forward pass after a fake "spinner."

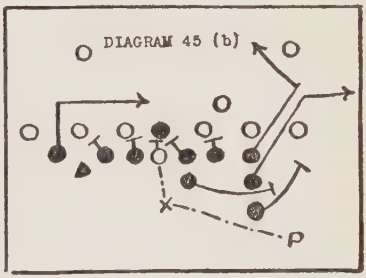
4. METHODS OF RECEIVER COVERING UP THE FACT HE INTENDS TO CATCH PASS AND ALSO METHODS TO ELUDE DEFENSIVE PLAYERS WHO ARE COVERING HIM

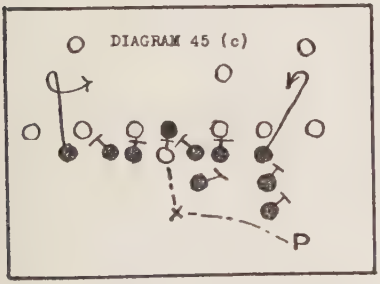
(a) Outrunning secondary defense, by means of speed and change of pace.
(b) Using both change of pace and change of direction.
(c) Starting quick, running fast, and then suddenly stopping.
(d) Using quick darts in several directions.
(e) On out of bounds play for all the linemen to get on the field side of the center and then suddenly spring a play. The defense may not catch the point that the offensive center is an eligible man.
(f) Ends actually blocking for several counts, and then breaking for an open space.
(g) Hiding behind a screen of linemen. This can be used by either backs or ends.
(h) Ends criss-cross.
(i) Back smashes through line on fake line plunge and then the back goes on down for a forward pass.
(j) End runs around behind his own line of scrimmage and then breaks for open space.
(k) By a quick shift try to make tackle eligible for pass without giving defense a chance to notice this.

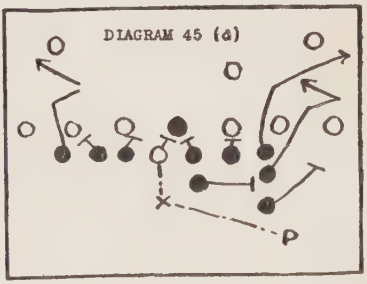
(l) By the use of the old shoe-string play.
(m) By the use of decoys to pull men out of position and then receiver running into space left vacant.
(n) On a spread formation quick shifting of ends and backs so as to confuse defense, as to who is eligible and who is not.

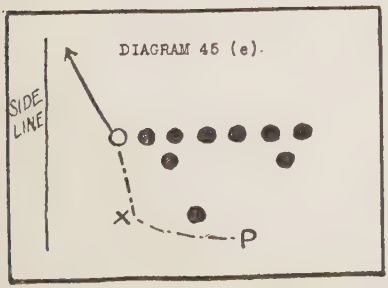
The following diagrams give forward pass plays, illustrating combinations of each of the above methods.

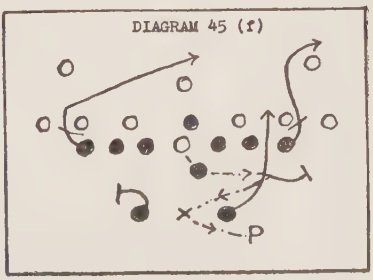












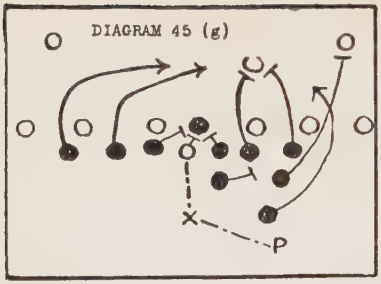


DIAGRAM 45 (g)
X
P

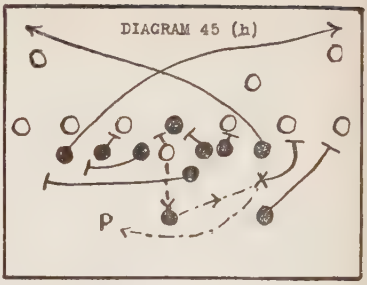


DIAGRAM 45 (h)
X
P

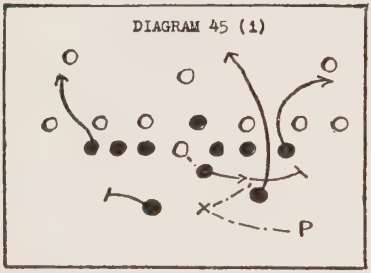


DIAGRAM 45 (i)
X
P

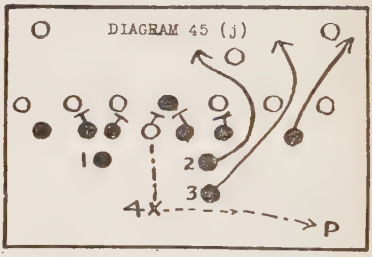


DIAGRAM 45 (j)
1
2
3
4X
P

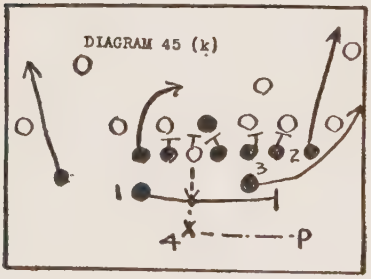


DIAGRAM 45 (k)
1
2
3
4X
P

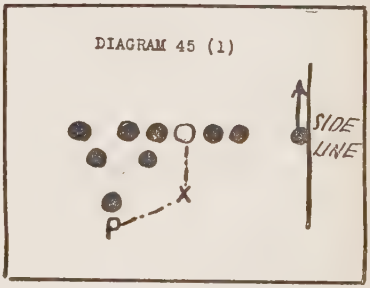


DIAGRAM 45 (l)
SIDE LINE
X
P

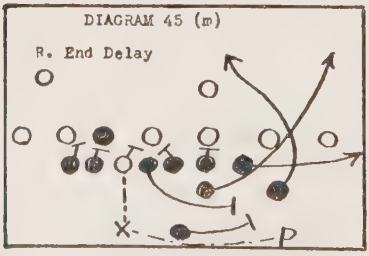


DIAGRAM 45 (m)
R. End Delay
X
P

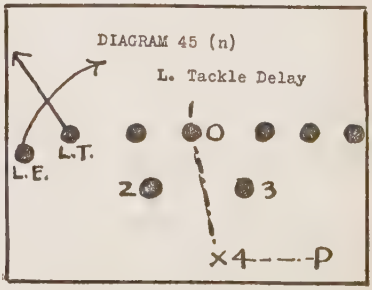


DIAGRAM 45 (n)
L. Tackle Delay
L.E.
L.T.
1
2
3
X4
P

5. GENERALSHIP OF THE FORWARD PASS

(a) When to pass.
(b) When not to pass. (Never gamble unless you have everything to gain and nothing to lose. When you have everything to lose and not much to gain do *not gamble*.)
(c) When to threaten to pass.
(d) When to pass, as a last resort.
(e) Use of the forward pass as a scoring play.
(f) Forward pass play regular part of your repertoire in rushing offense, provided you have the following:
  (1) Skillful passer.
  (2) Dependable receiver.
  (3) Protection for the passer.
  (4) Perfect timing.
  (5) A play with deception.
  (6) Every man fulfills his assignment.
  (7) Versatility in pass plays.
  And last, but most important of all
  (8) A strong running attack.

Always cover on all forward pass plays, particularly if they are thrown out at an angle to the side in any way. Have forward pass plays from every formation you are using. Punt formation is still the best all-around formation. The passer is the most important man in a forward pass combination, and the hardest man to find. A good passer is rare. There are many men who can throw a ball far, but very few forward passers in the strict sense of the term. A good passer must have fine mental poise and complete control of himself physically, and he must not be disturbed by anything that might happen. A forward pass attack, in case you have a rattle-brain passing, might boomerang against you at any time. In the hands of a good forward passer, a forward pass attack is a very powerful weapon at any time. A good passer must be able, instinctively to find the eligible receiver who is loose and be able to throw the ball so as to lead the receiver just the right amount of distance, so that the receiver can just barely reach the ball.

6. DEFENSE AGAINST FORWARD PASSES

(a) Man for man.
(b) Zone.
(c) Combination.

No matter which of the above you choose the success will depend on the individual brains and abilities of your man in the backfield.

Zone defense is probably better against short passes, and man for man against long passes. A defensive player must watch the man until the ball is in the air; he should then leave his man and play the ball. Try and maneuver so as to give the receiver only one path to follow and also try and keep the receiver between yourself and the passer. Do not let the receiver get by you. Watch downs and yards to gain, as well as score and time left to play, so as to be able to anticipate forward pass plays. A zone defense is probably the best against most formations, but a team should be prepared to use a man to man defense against any team appearing with a wide spread formation.

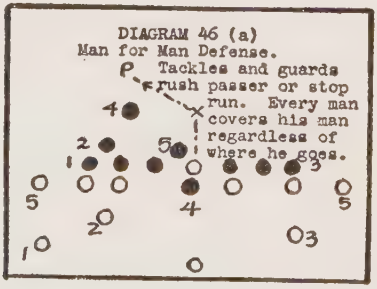
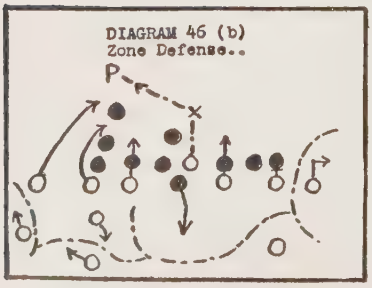
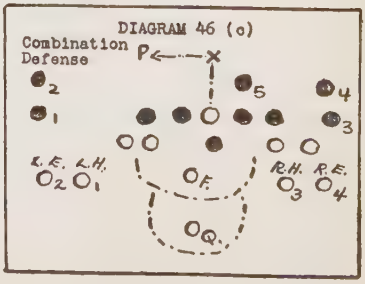


DIAGRAM 46 (a)
Man for Man Defense.
Tackles and guards rush passer or stop run. Every man covers his man regardless of where he goes.





In Diagram 46 A there are only five eligible men to receive a pass and the thing to work out is to make sure that each of the eligible men is covered by a defensive player.

In Diagram 46 B, if the play swings to the right, which is to the left of the defense, the left halfback covers the flat zone, and any one coming into this flat zone. The quarterback covers whichever man comes down deep into his zone, which is usually the right end. The fullback covers the middle zone deep and somewhat to the left. The center covers the middle zone short and a little bit to the right. The right halfback covers the left and man for man, although of course he is helped in case the left end goes into one of the other men's zones. Right end goes in very cautiously and covers any one coming back to the weak side for a pass.

In Diagram C (Combination) fullback and quarterback cover zone. Fullback covering zone in the middle and quarterback covering same zone deep; the other men cover man for man.

CHAPTER VII

DEFENSE

A team on defense should not have the idea that the other team is carrying the fight to them. The victories in football generally go to the team which is the most aggressive. A successful team should, therefore, be very aggressive when they have the ball. They should, however, have the mental attitude when they have *not* got the ball that they will be so aggressive that in a very short time they will take the ball away from the other team. This psychology will tend to do away with a waiting defense and all the ills that go with phlegmatic playing.

The Tactical Situation

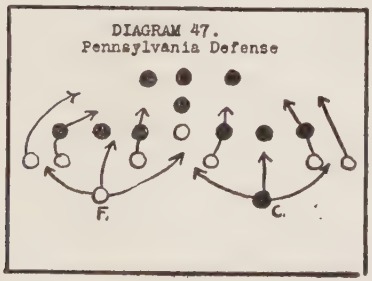
A team on defense must keep in mind the downs, the yards to gain, position on the field, score, and time left to play. These conditions are called the "tactical situation." Variations of the "tactical situation" will of course cause the defense to change, as a defense will logically, of course, anticipate different kinds of plays under varying conditions. For instance, if the other team has first down, ten, against a normal team, there is not much sense in expecting a line buck. With third down, ten, it is not good judgment to expect a line plunge. With third down, one yard, it would not be good judgment to expect a forward pass. Instead, it would be just the reverse of these. Likewise, if a team is several touchdowns ahead in the second half there is not much need for the defense to worry about forward passes. If, however, the opposing team is several touchdowns behind in the second half, then you may safely expect a great number of forward passes. A team as a rule will not forward pass deep in its own territory, and with less than a minute to play in the middle of the field, there is little likelihood of line bucking.

We will mention these things more in detail later, but I mention these things here to show that a defensive team must be able to adapt itself to any offensive formation. Its individuals on defense must be able to adapt themselves to the "tactical situation," no matter what it might be, without squeaking. They must perform as a well-oiled machine.

Let us take up the defense under conditions where the game is even and around the middle of the field, and the offensive team has about third down, four. There are ten or fifteen minutes still to play. Under these conditions we will take up first the several styles of defense which are now used.

First of all we will take up the Pennsylvania style of defense as it is generally used by Pennsylvania and other teams in the East.

DIAGRAM 47.
Pennsylvania Defense

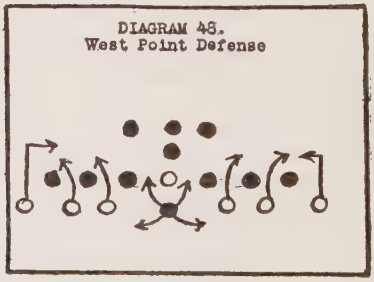


In this style of defense the guards, tackles, and ends, play a little wider than usual, and they all charge into space without the use of hands and drive everything in towards the middle. The line men do not use their hands until after the initial drive and they have charged the opponents with their shoulders and bodies. The defensive center and defensive fullback each watch the various holes in the line into which the man carrying the ball can come. Their theory is that if the defensive line has done its work well the man carrying the ball will come through free and alone, and will be easily picked off by the two secondary men. The halfbacks and quarterback are laying back farther for longer forward passes, whereas the two men, the

defensive center and fullback, are of course responsible for the real short forward passes.

This defense presents several weaknesses, though, of course, this is not admitted by the advocates of this style. The first weakness is the fact that each of the six linemen have committed themselves by charging in a certain direction and therefore they cannot change their course. They become vulnerable to delayed sideswiping in plays involving double handling of the ball, split bucks, etc. The defensive end is of course covering the inside of his own territory very well, but if the offensive uses an open backfield formation he becomes vulnerable to lateral passes and wide end runs as he cannot get more than one backfield man by smashing. The secondary defense can be fooled by hidden ball plays which become quite successful because if they are fooled it becomes impossible for a six-man line to be able to bear the brunt of the attack. However this defense is very good against an offense without deception.

DIAGRAM 48.
West Point Defense



In this defense the guards and tackles line up slightly inside and charge outwardly, and the defensive center is allowed to roam at liberty. He may be in the line tight, he may be back several yards, or he may be in the line pulling out rapidly. The end comes in two steps perpendicularly past the line of scrimmage and then turns in at right angles. This defense is very good against certain types of offense as it is practically impossible to gain inside of guard and tackle or around end. However, it is possible to pinch the tackle in, and the end, because of the width

Wynne Hits the Navy Line for Seven Yards

of his position, is easily held out. This end, in other words, cannot guard the inside half of his territory by this method. The other weakness lies in the fact that the defensive center becomes the key man of the defense and if we can outwit him we can gain much ground and even demoralize his play.

The better defense, in my opinion, is what is popularly known as the cup defense.

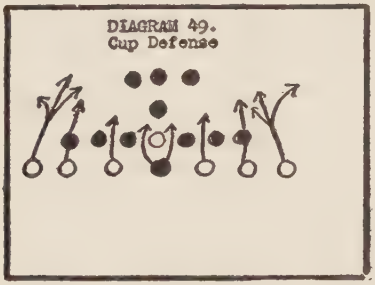


DIAGRAM 49.
Cup Defense

In this defense the guards and the tackles charge straight back in their own territory and they do not charge in or out until their secondary reaction, when they should instantly charge towards the man with the ball. The guards or tackles must not wait nor shall they pull out behind their own line of scrimmage. Each one of them must expect the play to be coming through his hole and play accordingly, converging towards the ball only after they have charged through the offensive line of scrimmage.

The defensive end goes in just as fast as he can, somewhat like the type of end in the Pennsylvania defense, only he does not commit himself. Rather he takes three steps starting with inner foot so as to end up with his inner foot advanced. With his hands held up in front of him he can meet the advancing interference, in such a position that they cannot knock him out and if they try to circle him he can, by crossing his inner foot in front and by a nimble use of feet and hands, fade out with the play. He cannot be knocked in. This type of end play, which will be described more fully under "end-play" itself, does

not present any weaknesses, although it is of course very difficult to master.

The Defensive Center.

The defensive center again may be in the line and charging, or in the line and pulling out. Or under certain tactical conditions he may drop back several yards, but this will be explained more thoroughly under "center play." While there is a certain weakness in this style of play with some individuals, yet with individuals of fine mentality and intuition the chances of failing at center are nil.

Against all indirect plays, that is, plays where the quarterback handles the ball the center must go in charging hard and low like a guard. He can do this because whenever the quarterback handles the ball there is not so much strength outside of tackle and in forward pass plays from this formation they cannot, as a rule, shoot more than three eligible men down the field. The strength of indirect plays lies in driving inside of tackle, and in delayed bucks involving the quarterback hiding the ball. Therefore, whenever the defensive center sees the quarterback with the ball he must charge straight in. In direct passes he must be careful to see whether the passer passes to the halfback, five yards back, in which case he can hold his own center off by placing the hands on the head and then pulling out in the direction in which the play is going; or in case a running play is used, covering the man carrying the ball from the *inside*. If the man making the wide end run should now suddenly cut back into the line he should find the center there waiting for him. The center must learn to run and look at the same time and when the man carrying the ball changes his direction the center must do likewise.

The Center

If, however, the direct pass is made to the short back, who is also the plunger, then the center must charge through his hole as this play will generally be a line plunge. Of course, there are some plays in which this does not happen. Quick analysis as to whether the ball goes to the halfback way back or to the

short plunger requires special sensitiveness in the powers of observation of the man playing defensive center.

The Fullback.

The defensive fullback also keeps his eyes on the quarterback and on the other three backs. He should see all the backs at once. Like the center, when the quarterback handles the ball the defensive fullback comes up closer and he sees all the backfield. If he sees one of the backfield men waiting and delaying, the defensive fullback also delays, as in this case the play has every sign of a delayed split buck. If the ball goes directly back to the halfback who starts on a wide run the fullback runs to the side and keeps coming forward meeting the man carrying the ball head-on being careful, of course, to use his hands on whatever member of the interference tries to pick him off.

The Halfback.

In case the play is a forward pass, the defensive left half, who is watching the right end, calls "Pass!" immediately, in which case the defensive fullback as he drops to the side, besides dropping back, calls "I have the first back," or, "I have the end," depending upon which type of defense against passes they happen to be using. The defensive fullback, the same as the center, must also be careful on direct pass play to see that the ball is not passed to the short back, who is the plunger. In case it is, he must come up and meet the play at least at the line of scrimmage, and if possible, even beyond it. The defensive left halfback, in case the play is called in his direction, is responsible mostly for forward passes. If, however, he sees an end run or off-tackle play coming, he comes up quickly and on the outside so, if the man carrying the ball suddenly tries to change an off-tackle play to an end run, he finds the halfback ready to circumvent him.

The Quarterback

The defensive quarterback should come up fast and reënforce on end runs and against trick plays. Against forward passes

he is responsible for the long man whom he helps double up on; he is responsible for any man coming into the deep zone, and he is responsible for any one pulling the old shoe-string play or any other trick plays of a similar nature.

Halfback on Weak Side

The halfback on the weak side is to play very conservatively and he is not supposed to come over to reënforce until he is sure that there is no play coming back into his territory, no delayed forward pass receiver sneaking into his territory to receive a pass. Then and only then does he move over to support the point attacked. More detailed information of the various defenses will be given later.

On the first down the tackles and guards as a rule play wide because they have every reason to believe that the play on first down will not be a line plunge. The backfield, as a rule, plays a little close on the first down, ten, since they have reason to believe the offensive team will not pass on first down. On third down, ten, the tackles and guards are still playing wide and the weak side end goes in very cautiously so as to be prepared against the expected forward pass. Under these same conditions the backfield drops back farther to be better prepared to meet the forward pass or such plays which they have every reason to expect. With third down, one yard, the guards and tackles play in tight and the backfield men come up close, as they have every reason to expect a line plunge.

On the Goal Line

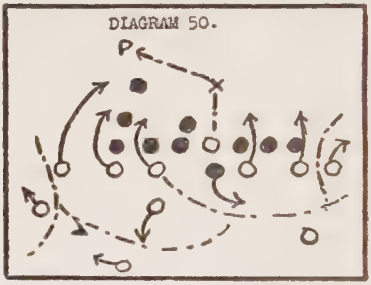
On the goal line the line always plays exceedingly tight and the backfield comes up much closer, as there is not much territory back of them to guard against a forward pass. In fact, I believe an eight-man line on defense can be worked to advantage on the goal line. There is no need of the quarterback, who is back playing safety, being back more than twenty yards or at the most twenty-five yards under ordinary conditions. Of course, when the team with the ball is deep in its own territory and assumes punt formation, then he has to drop back into a

position thirty-five to forty yards, depending upon the wind and the ability of the opposing team's punter. A defensive team will also have to adapt itself to the personnel of the offensive team. If the offensive team is weak at line plunging and has several fine end runners it would be wise for guards and tackles and ends all to play wide. Likewise, against a team which has a terrific plunger it is wise of course to play the line more or less intact. Against a team which has but a weak running attack but whose forward passing attack is very strong, you can even drop the ends back to play against the passes. In other words, you have got to be able to recognize and weigh values. You have then got to meet value with value.

Watching the Shifts

It is well, of course, working along the same line, to put two men on an exceptional forward pass receiver. Against a team using a backfield and line shift both, it is necessary for the defense to drop back a yard and to shift man for man with the offensive line. If the team on offense now shifts the line one way and the backfield another, your tackle and end on that side should watch for this and must not shift in. At the same time they should give the information by word of mouth in which case the defensive center will pull out to the weak side and reinforced by the secondary and tertiary the defense can now easily stop the play. This play has no strength because the backfield cannot gain unless the line is in front of it. Its only chance would be to catch the defense entirely napping. Against a team using just the backfield shift the defense shifts just half a man with the shift. The thing to watch most closely in quick shifts is to make sure that it is clear just who is eligible to receive a forward pass and who is not. On the question of the man to man defense it must be borne in mind that just five men are eligible to receive a forward pass. In using a man for man defense the defensive backs must keep in touch by word of mouth so as to insure that there will be no misunderstanding as to who is covering whom. Defensive players must play man for man until the ball is in the air after which they leave the

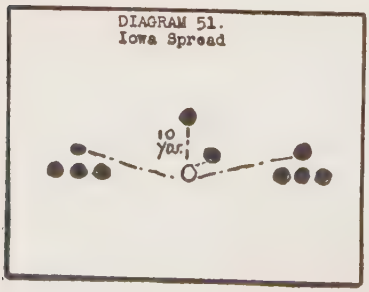
man and play the ball entirely. In zone defense we will use the following diagram against the forward pass.



The left halfback will cover the flat zone in case the play starts in that direction. The defensive fullback will cover the middle zone deep and the center the middle zone short. The defensive quarterback will have to cover the man going deepest, in other words, the deep zone. The defensive right half will have to cover the left end man for man.

The weak side end, in this case the right end, will have to go in cautiously. He is responsible for any back going back to the weak side to catch a pass in his zone. Do not forget to take time out in case the other team gets going too strong against you.

In meeting a new formation the thing to keep in mind is to meet strength with strength and do not waste any men defending against those things which the offensive cannot do. The following offensive formations have been used and I will put them down and you may fill in your own defensive diagram for them.



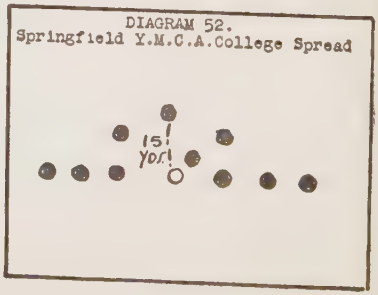


DIAGRAM 53.
Harvard Short Kick Formation

DIAGRAM 54.
Warner's Z Formation

DIAGRAM 55.
Warner's Balance Formation

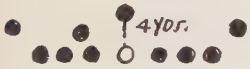


DIAGRAM 56.
Chicago Double Trap Tandem.

DIAGRAM 57.
Minnesota Spread Formation

DIAGRAM 58.
Northwestern Spread Formation

DIAGRAM 59.
Louisiana State Formation

DIAGRAM 60.
Yale Formation.

DIAGRAM 61.
West Point Formation

DIAGRAM 62.
Penn State Formation

DIAGRAM 63.
Georgia Tech Formation

DIAGRAM 64.
Carnegie Tech Formation

DIAGRAM 65.
Wisconsin Formation

DIAGRAM 66.
Illinois Formation

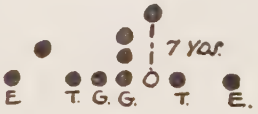


DIAGRAM 67.
Normal School Formation

DIAGRAM 68.
High School Formation

DIAGRAM 69.
Centre College Formation

DIAGRAM 70.
"Drug Store" Formation

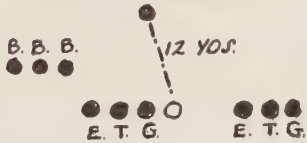


DIAGRAM 71.
"Faculty Advisory" Formation

DIAGRAM 72.
"Strategy Board" Formation

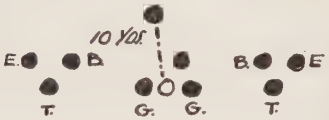
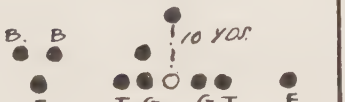


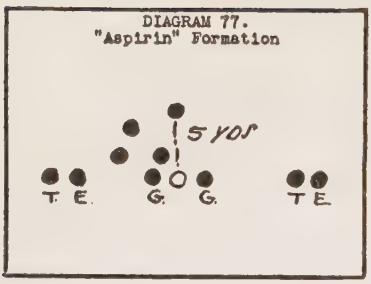
DIAGRAM 73.
Vanderbilt Formation

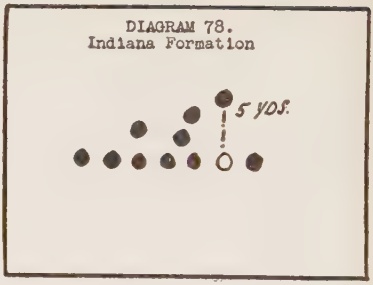
DIAGRAM 74.
Baylor Formation

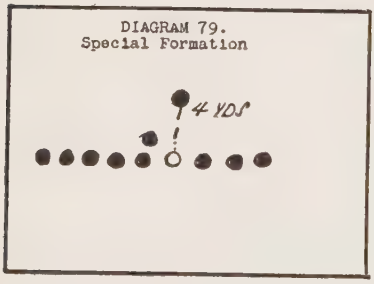
DIAGRAM 75.
Idaho Formation

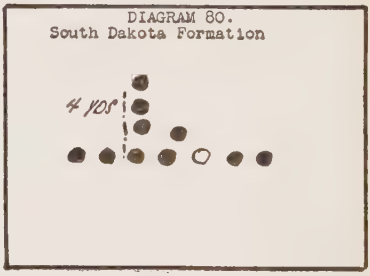
DIAGRAM 76.
Princeton Formation











Zone Defense

Against spread formation man for man defense is better than zone, because zone formation becomes ineffective whenever each may have too large a zone to cover. A mixture of the two is also effective against spread plays. Zone defense is probably best for general use against ordinary formations but there is just this about any of them: Whether you use zone or man for man defense, the effectiveness depends on the individual proficiency of the men in your backfield. The other point is that the halfback of your defensive strong side must call "Pass" as soon as end starts down field. Half of the effectiveness against passes lies in having your strong side end and tackle go in a mile a minute to put pressure on the passer. This makes him throw hurriedly and inaccurately and does not give the receiver time to get to where he is supposed to. The weak side tackle should also hold his end and the strong side tackle should knock off balance those offensive backs coming out. Incidentally he will

keep driving in to put pressure on the passer. The defensive tackle goes at the passer high, with arms in the air and does not leave his feet. He grabs the passer if he can. The defensive end goes at the passer from the outside low and leaves his feet unless the passer shall have thrown the ball before he has left his feet.

Use Eyes and Head.

A more complete discussion of the individual positions on defense will be given when we take up the individual positions. The thing to bear in mind on defense is that you must use your eyes, hands and brains. Pay absolutely no attention to that which is said by the offensive team so as not to be confused by erroneous information, etc. Keep in contact with one another by word of mouth so that every fellow knows what the other fellow is doing and thinking. If you have a green team and one exceptional man, he plays defensive center. He can call defensive signals so that the defensive team can use one of five formations which should be sufficient to stop any offensive play. A special defense, of course, must be built for special offenses or for unusual formations.

The Best Line.

There has been much discussion as to which is the better, the standing-up line which uses its hands, or the low crouching line which charges savagely forward with the body low, and not using hands until later. I believe that an intelligent line using both of these methods, depending on the tactical situation, is the best line. There are times when the standing-up line using hands is the best, and there are other times when the crouching line charging viciously is the best. As I have said this depends on the tactical situation and also upon the strength and weakness of the offensive team.

In conclusion the big thing to remember is that the line should charge savagely against most offenses, each man expecting the play through his own hole; the tackles and ends should be on the look-out for double pass plays; the secondary defensive man

must be careful not to be fooled and should analyze and meet plays quickly and decisively. The tertiary and quaternary defenses are responsible more for forward passes. Relax physically whenever you can but NEVER relax mentally. On the Friday before the game there should be a good dummy practice against the other team's plays as well as of the offensive plays. Every man on the defense should get the point of view that he is not on defense but is trying to take the ball away from the offensive team. There should be no feeling of "Let George do it," but every man should get the point of view that it is up to him as an individual to stop the next play in case it comes near his territory.

HINTS ON DEFENSE

1. Keep man with ball turned in towards center.
2. Use aggressive defense having in mind taking ball away from other team.
3. In meeting new formation ask yourself question: "What can they not do so well from this formation?"
4. Then meet their strong point by taking men away from point which is not threatened strongly.
5. Vary defense for each game according to offense of other team.
6. Use square defense inside own 30-yard line.
7. Every man charge in his own territory on first charge and then converge on man with ball.
8. Cup defense best as general rule.
9. Combination of man for man with some zone defense best against passes.
10. However tackles rushing passer fast is half the defense against passes.
11. Against passes, play the man until ball is in air and then play the ball.
12. Against short passes zone may be used but against long passes it is best to use man for man entirely.
13. Defensive man against passes should maneuver so as to keep both receiver and passer in sight, starting soon enough so as to lead man down the field. Never follow or allow man to get by you.
14. Double up on extra good man.
15. Always talk it up so as to maintain contact and when changing

defense captain makes it known by a word and this word should be one which means nothing to offensive team.

16. Always keep tactical situation in mind and don't let offense know what your thoughts are.
17. Defensive line must cross line of scrimmage and get into enemy territory.
18. Defensive full must move to the point of attack fast and fearlessly.
19. Six-man line can be used against many teams.
20. Conservative back must be CONSERVATIVE.
21. Every man go to the man with the ball on the second reaction.
22. Follow the ball all the time.
23. Always be ready, and do not be misled by talk of any kind on part of offensive team.
24. Whenever offensive team has tackle eligible, or any odd man, whole team should call it out loud.
25. Never let any man advance with ball or retreat with the ball under any circumstance unless it is an official.
26. Never stop until ball is declared dead, whistle or no whistle.
27. Relax physically but *never* relax mentally.
28. Be sure that your defense against passes is elastic enough to meet all conditions. A mixture of man for man and zone is good.
29. Secondary defense should see all the backfield so as not to be fooled easily.
30. Tertiary defense is responsible more for passes than for rushing. He should come up more cautiously than secondary and is also responsible for tricks and wide-end runs.
31. Quaternary should help on good long man whether on strong side or weak side.
32. Center is responsible for back receiving pass to the weak side.
33. Tackle the ball whenever possible.
34. Always be alert for a quick play, series, etc.
35. Never allow an opponent to carry the ball forward or backward no matter what the circumstances. Tackle him.
36. If necessary use signals to indicate changes in defensive system though every man should understand thoroughly why.
37. Do not allow yourself to be sucked into traps.
38. Sometimes leave openings so as to tease opponent into using a play that under the conditions you want him to use.
39. Use eyes, hands and brains.

CHAPTER VIII

SHIFTS AND SHIFT PLAYS

I have neither the time nor the information to discuss the history of the shift play, nor the question as to who originated the shift idea. I will, however, discuss here briefly the various methods of shifting and their strong and weak points.

Idea of Shift

The idea of the shift is to attempt to get more men of the offense to a given spot then the defense can muster in the short time allotted it. The essence of offense is to get there first with the most men; the shift is a big adjunct to this idea. Another axiom of offense is to try to keep the defense guessing as to where the offense intends to hit. In shift plays the pause between the men leaving their positions after the shift, and the actual snapping of the ball is not long enough to allow any of the offensive players tipping off to the defense, by any mannerisms, where the play is going, and what kind of a play it is. In fact, in my opinion, the value of the shift lies mostly in its deception.

Some teams use a ten-man shift wherein every one shifts except the center. Other teams shift the backfield and four linemen; and still others shift the backfield and two linemen. I have never been able to feel that the advantages of shifting a line have been sufficient to outweigh the disadvantages. With the old-fashioned fast shift there was some help, but, as a rule, in these shifts it was rather questionable as to whether the line shifting forward came to a pause, and lost its momentum before it charged on. If they did come to a distinct pause, and started their charge all over again, I believe the line shift lost most of its value, as there is not much deception in a line shift.

Notre Dame Shift

The shift we have used for years at Notre Dame involves merely a backfield shift. This backfield can shift either to a Z, square formation, or a V. Hiding behind a screen of offensive linemen it has been practically impossible for the defense to detect in time, the details of how the men are placed after the shift. Furthermore, your big linemen are not wasting any energy shifting around, but they get well set and gathered for a terrific charge at the defensive linemen who are trying to shift with our backfield, and are thus caught just a little bit off-balance. A defensive lineman caught off-balance is already licked. By employing a flexible line, and by this I mean a line that is spread as far apart as they possibly can with safety, we greatly increase the radius of attack of the offensive team. And as you increase the radius of your attack, your defensive team must spread more to cover and, as a result, leave themselves more vulnerable.

There have been teams, however, using the line shift who have done so very successfully, particularly the teams coached by Dr. Spears, now at West Virginia University; Georgia Tech; and the old Minnesota teams under Dr. Williams. The two years Howard Jones won the Conference Championship for Iowa, he was also using a line shift, which may tend to prove that my point of view is wrong. But then this, of course, may add interest to my point of view. I do not claim to be right and that the others are wrong, but I am entitled to my point of view.

One of the striking advantages of the line shift was the fact that the offensive team could shift into an eight-man line so quickly that the defense did not become cognizant of the fact until it was too late. It also made possible plays in which the tackle was suddenly made eligible for forward passes, so quickly that it became difficult for the defensive team to become aware of this fact. However, I still maintain that the backfield shift alone is better, has greater strategical possibilities. Because of its simplicity, it is not necessary to spend a great deal of time in its development. It takes a long time to develop a line shift with

any finesse of execution, and as a rule this time is generally spent at the expense of blocking and tackling.

Diagram 81 (Notre Dame Shift), Section 1 shows the starting formation, and some plays may be pulled without any shift. This is a strong feature, as the defense cannot pull any linemen back now, such as they can do against a team using a line shift. It also gives you a chance to catch the defense unawares after having used shift plays successively for some time. From Section 1 we can now shift to Section 2a or 2b. In this shift the men who have a longer distance to go merely cross in front with the inside foot, and jump into position, bending well at the knees. The men having a short distance to go merely take a short step and jump into position with exactly the same rhythm. The counts "one, two" are required to get into position, and then "three," and "hip," follow in exactly the same rhythm, and the team is off on the word "hip." The team, therefore, spends two counts in position, so that all momentum is lost. But these two counts must not be too long or the shift will lose most of its value. The word, "hip," however, is misleading, because whereas on it a few times the ball is snapped and the play is off, yet another time on the second "hip" the team may shift once more until they arrive in the position shown by Section 3. In this case the three backs, other than the one carrying the ball, shift directly to the side, but the back carrying the ball merely stays in position. The guard shifts on two counts, he takes two steps, along behind the center over to the opposite side into a space left vacant because of the fact that the other side of the line has moved out one position. Section 4 merely shows that where the line is unbalanced to the right the backfield on the last shift might go back to the weak side. This shift is merely used now and then to keep the defensive team from overshifting against you, and has no particular strength.

Rhythm of Shift

The rhythm of the shift is gotten from the fact that the key man, that is the halfback who shifts the farthest, counts out loud and thus acquaints the rest of the team with the tempo of the

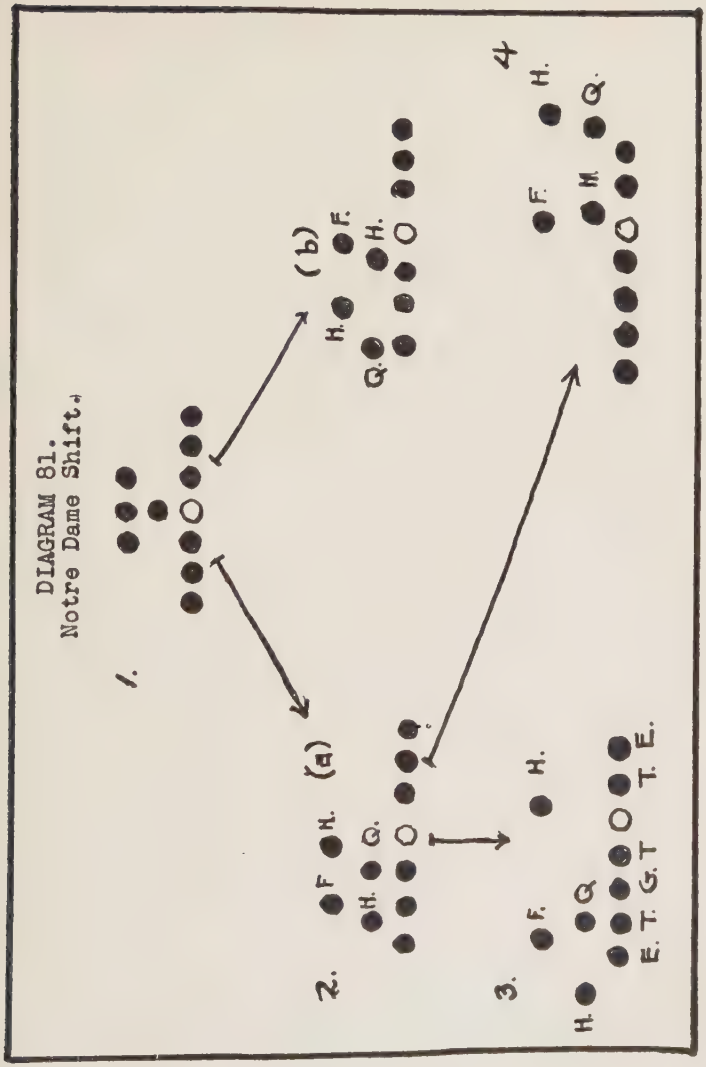


DIAGRAM 81.
Notre Dame Shift.
1.
2.
(a)
(b)
3.
4
F
H.
Q.
T.
E.
G.

rhythm. In games after the middle of the season this counting does not become necessary as by this time the team has absorbed the rhythm and goes through it more or less with reflex action. Whereas I have shown Section 3 here to be a square formation, it might also just as well be a Z formation, or even a V, depending upon the signals called by the quarterback ahead of time. It is possible, also, to make your fullback be the man carrying the ball by shifting the backfield just a little bit different so as to get them in the position shown in Section 2b. The men must be on the balls of their feet, and must stay on their toes. Whether or not you want to put your hand down on the ground after the shift is a matter of personal taste. The men shifting can come to a stop just as effectively by placing the hands on their knees, and bending well at the knees as they land. The center gets his tip as to when to pass the ball, both by watching the halfback to whom he is passing watching when he lands, and by counting with the rhythm. At the count of two the backfield has shifted to its places and the center then counts "three" and "four" to himself. Although the quarterback repeats the word "hip" in place of "four," this means the ball is passed, or the backfield might shift again, depending upon the signals given. It is best to pass the ball, however, when he has counted three and a half, as it takes about one-half a count to get the ball under way, and thus the ball will move back exactly as the backfield starts off, and as the line charges. The difficult thing is to get the center not to pass too soon, or too late. In fact, it is hard to acquire a slow rhythm, as generally they are over-anxious about getting away. However, they must be kept down to the rhythm in practice until it becomes so much a part of them that it becomes difficult to vary from it even in the excitement of a game.

In Diagram 82 (Illinois Shift) the guards are pulled back behind the center, and a gap of several yards is left between the tackles and the ends. Section 2 shows where the two guards have shifted to the right, and the weak side tackle has shifted over close to the center. The ends are still out wide which give them a

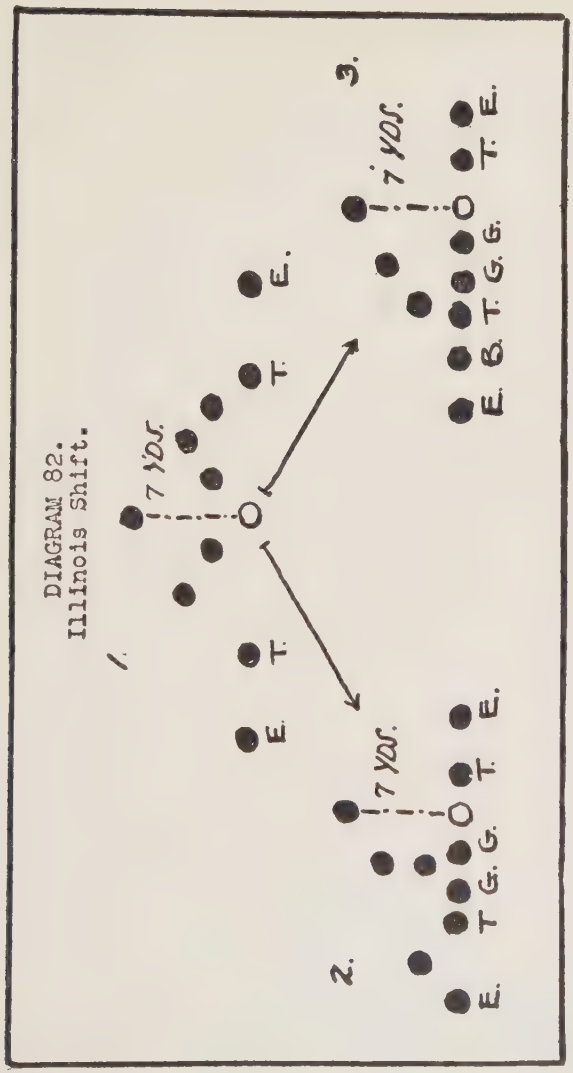


DIAGRAM 82.
Illinois Shift.
1.
7 yds.
E.
T.
E.
T.
2.
7 yds.
E.
T.
G.
G.
T.
E.
3.
7 yds.
E.
B.
T.
G.
G.
T.
E.

strategical position. This was the formation which Grange was so successful with, and shows that Zuppke has adapted himself amazingly well to take advantage of a man's individual ability.

Section 3 shows where this shift goes into an eight-man line, which has great strength whenever two or three yards are absolutely necessary. With a good plunger one is sure to go for that distance, as the shift is so well covered that the defensive team has not the time to analyze, and so prevent a gain. Illinois also sometimes shifts their guards into a balanced line for deception, and they may also shift the left end back a yard, putting up one backfield man on the line on the opposite side, which leaves their left tackle eligible for a forward pass. This is rather difficult to detect.

The Iowa formation (Diagram 83) was used with considerable success by Howard Jones. Section 1 shows the center and the two tackles placed in position in the line. The guards and the ends are dropped back two yards into the backfield. Two backs move up in line with these line men to either the left or right, ahead of time, and this fact is disguised. After the huddle, or after the signals have been given, they line up, bent over so far forward that the defensive team is unable to recognize who is who. For that reason, whether or not they intend to shift to left or right, is generally covered up well, as it is very difficult to detect the two backs from the ends and guards. The backs, 1 and 2, who may be placed either left or right, are used only to interfere, and they never carry the ball. Backs, 3 and 4, who do not shift, are the ball carriers. Back, No. 3, is the line plunger, and back, No. 4, is generally a triple threat man.

Shift No. 2 shows where they have moved into the old Warner formation, and No. 3 shows how they have shifted into a formation nearly the same as the one Zuppke sometimes uses from his shift. Section 4 merely shows how he shifts his line one way, and by hiding his backs he has suddenly got his backfield to the weak side, which in this case makes it a strong play, because of its deception. It is difficult, however, in using the Illinois or Iowa shift to make the guards come to a stop before

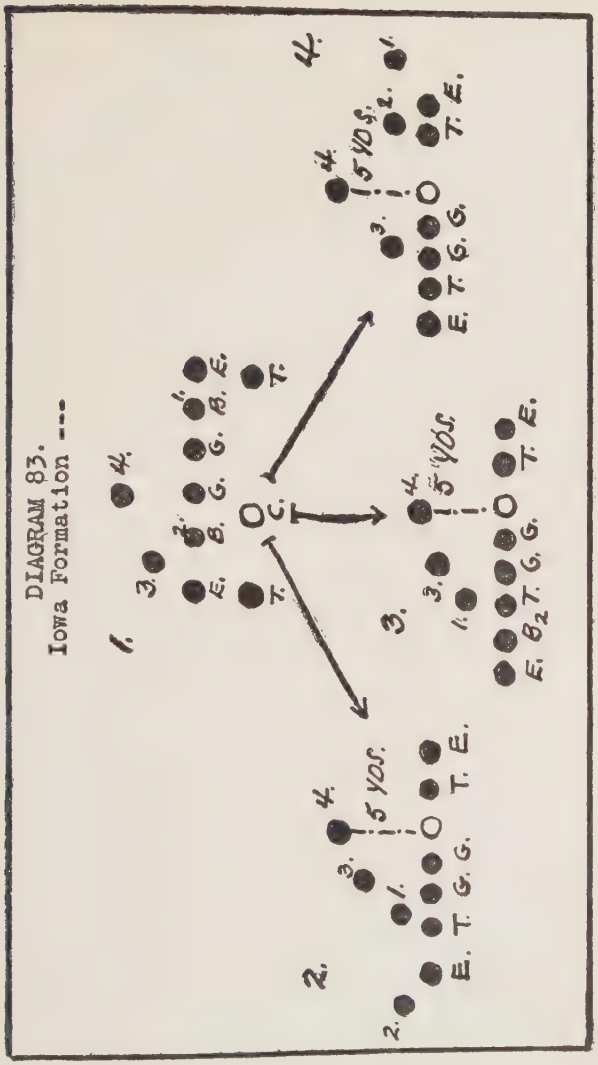


DIAGRAM 83.
Iowa Formation ---
1.
2.
3.
4.
E. T. G. G. T. E.
E. B. G. G. B. E.
T.
C.
5 YDS.
E. B_2 T. G. G. T. E.

they charge again. By marking with chalk on the head-gears of the backs it becomes easy to recognize who the backfield are, and who are the linemen. The shift is even so quite effective, and a defensive team will be well put to it to stop it, particularly if the team using the shift has fairly good material.

The Georgia Tech (Diagram 84) shift does not differ very much from the previous variations of the Minnesota shift. The key man to the rhythm is the center, who, as the signals are being called, stands up. When the word "hip" is given by the quarterback, at the count of "one" the center bends over; at the count of "two" he grabs hold of the ball; and at the count of "three" he passes. The team shifts into formation 2, 3, or 4; 2 showing the formation into which they generally shift; Section 3 where they shift into a balanced line. This is the most difficult to stop, and the defensive linemen must be coached to be very alert for this as a good gain will result if they are caught napping. Section 4 shows the usual formation in which the line has shifted one way and the backfield the other.

Diagram 85 shows formations used by several other teams and which are variations of the Minnesota shift. Section 1 shows the right end and two tackles out several yards, with the two guards in front of the backfield. The shift is generally made to the right. In Section 2 it shows where both guards have shifted to the right along with the backfield, making a five-man line on one side of the center, and only one lineman on the opposite side of center. This formation offers strength on the strong side; on weak side plays it has no strength at all, and the defense can adapt itself accordingly. In Section 3 the backfield shifts a little bit on the second hip and one guard moves from the strong side back to the weak side. The two tackles also close in, leaving, however, the end out wide. The strength of this formation lies in the fact that the defensive tackle will now move in close, giving the end a beautiful angle to side-swipe the tackle.

Section 4 shows that the two guards have shifted, one to the right, and one to the left, and is good now and then for surprises and for a short gain.

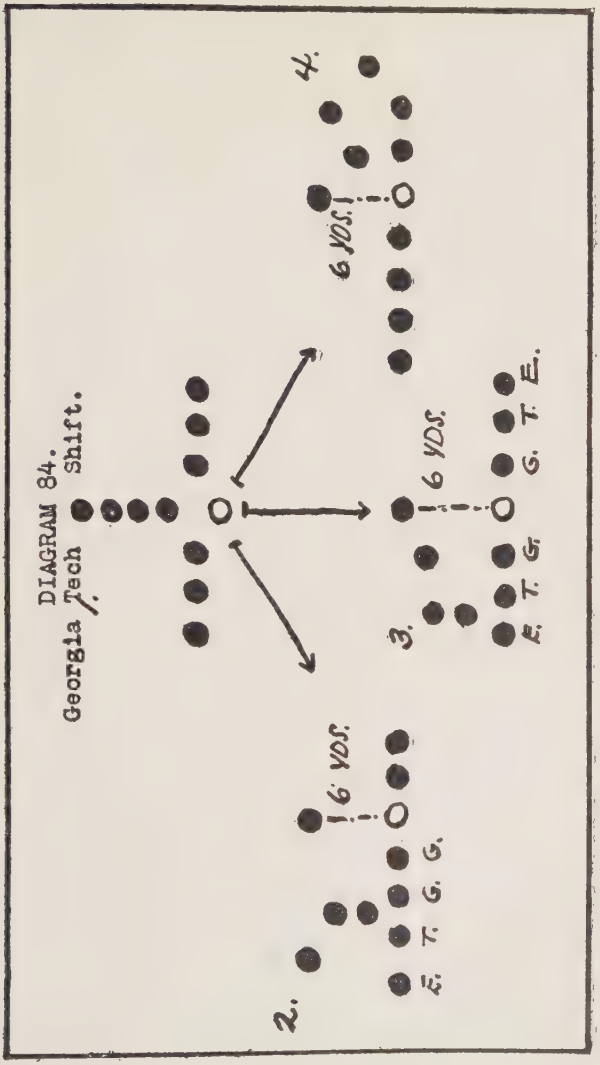
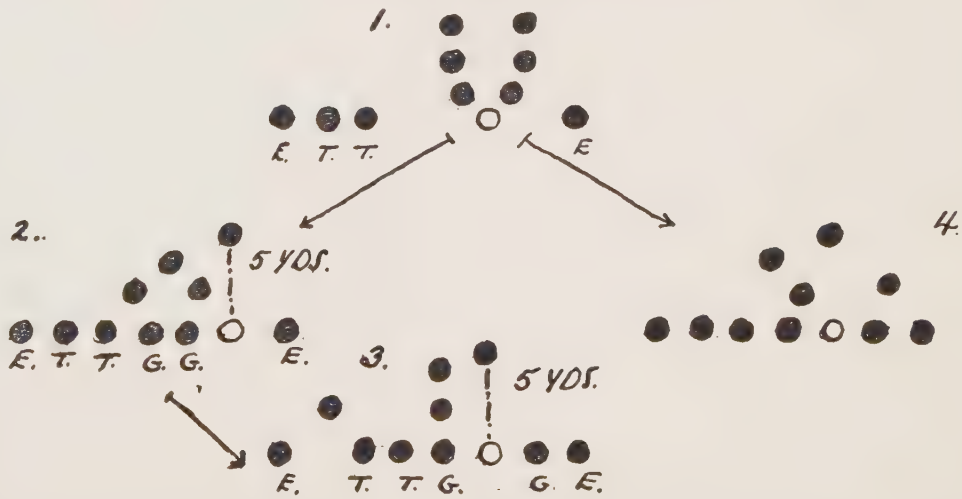


DIAGRAM 84.
Georgia Tech Shift.
2.
6 YDS.
E. T. G. G.
3.
6 YDS.
E. T. G. G. T. E.
4.
6 YDS.

DIAGRAM 85.
Formations used by several other teams and which are variations of the Minnesota Shift.



In the high school shift, starting from regular formation the team merely runs rapidly to the formation shown in Section 2, and by means of one of the backfield flecking a finger, he tips off to the center when to pass the ball. This formation may also be used successfully from a huddle system. Center uses side arm pass getting ball to back No. 3.

Sections 1, 2, 3 and 4 (Diagram 87) show plays off this formation. This gives a small cycle of plays which can be used effectively. It is very rich in possibilities as regards the forward pass.

A lot of coaches criticise shift attacks as being blind tactics. They claim that you cannot tell how the defense is going to shift, and therefore the plays called are merely a sort of a gamble.

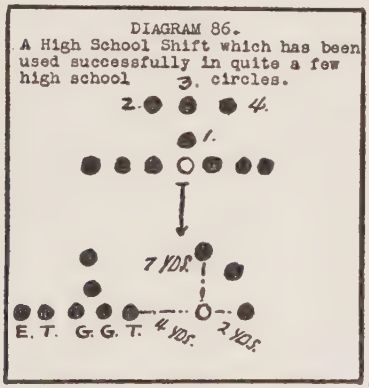
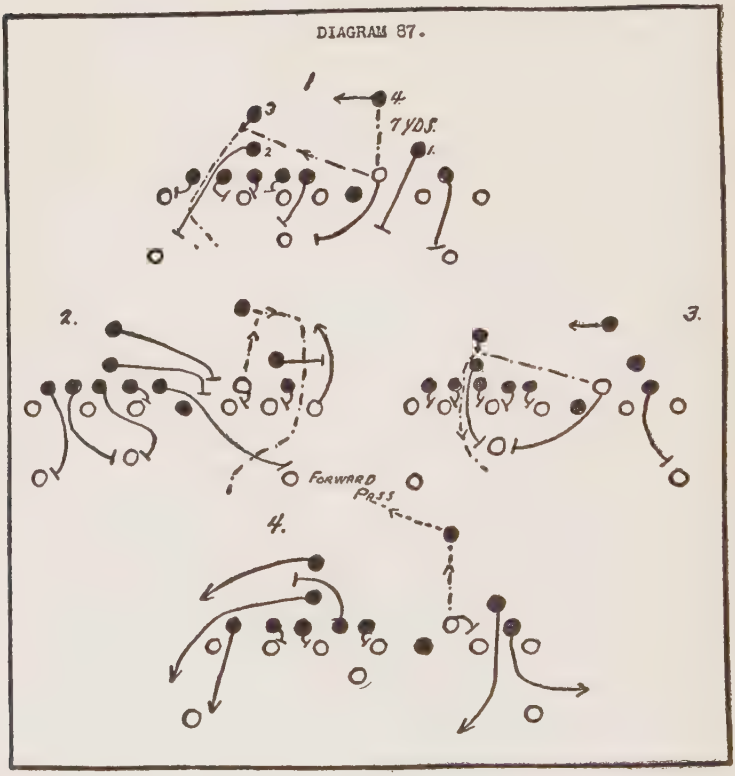


DIAGRAM 86.
A High School Shift which has been used successfully in quite a few high school circles.

This is not true necessarily. The quarterback has accurate information as to where the defensive line is shifting, while he keeps an eye on the backfield himself. The ends can tip off the quarterback as to how the defensive tackle is shifting; the offensive tackle can tip off how the defensive guards are shifting; and the offensive guards can tip off as to when the defensive center is pulling out. The halfback can tip off the quarterback as to how the defensive ends are coming in. Whenever there are any changes from this, the quarterback is tipped off, and he must keep an index of information in his mind so that he has a clear picture of the defense even when it is changing all the

time. By keeping his eye on the secondary and tertiary defenses he is also influenced in his choice of plays. There are immense strategical possibilities whenever the defensive team begins to overshift. The quarterback using a shift attack must be more



canny than the quarterback using the set offense. The shift offers greater offensive possibilities.

Shift Rules Clear Enough.

Some of the older coaches who have been unsuccessful in stopping shift attacks, want the shift legislated against. However, I think the rules to-day are perfectly clear and concise, and

are for the best interests of the game. A shifting team is a beautiful thing to watch; it has color, and it appeals to the spectator. It has become an integral part of offensive football, and when fairly used, under good officiating, has no advantage over the set and go offense except that it is harder to stop.

Keep Shifts Simple

It is best to keep your shift formations just as simple as possible. It is possible, of course, to work up complex offensive shifts, but as a rule the coach using these, spends so much time practicing the shift that his team is weak on tackling and blocking, and is beaten because of these weaknesses. And besides, in these days of intensive scouting, we cannot fool the defensive team like we should like to. We find that we can get better results by perfection of execution with some deception, rather than by depending entirely on complex shifts.

A team which uses just a single shift is not using the shift to its fullest efficiency. The arrangement which we use is to work plays without a shift; after one shift; after two shifts, and even after three shifts. However, the three shifts are used more to kill time than anything else.

It is also well, if you can, to develop a change of pace in your shifts. By this I mean develop two shifts which look alike, one slow, and one fast. By mixing up your shift attack in this manner, the defense is just as much in the dark as to when the ball is to be passed as they would be in the set formation when the offensive team is using the snap signal. The team using just a single shift, with always the same cadence and rhythm, allows the defense to get used to the rhythm and in a short time the defensive line will be getting the jump on the offensive line. This would be fatal. If, however, you keep changing the rhythm and keep using plays with no shift, one and two shifts, then you have the defense back on their haunches, waiting, which is just where you want them.

CHAPTER IX

CENTER

The position of center is exceedingly important. When our team has the ball he initiates every play. There is apparently no particular build which gives best results in centers. I have seen good centers who were big and heavy, tall and slender, short and heavy, short and light. Our best centers have been of all types. Our center must have a fair amount of spirit and he must have a natural aptitude or touch in passing the ball. This natural ability can of course be improved upon but there is no use wasting time on a man who hasn't at least some natural ability. A center must be of high mentality and must have a sense of rhythm highly developed. He must pass the ball to different men faultlessly with his head down between his legs. He is in an awkward position but he must hear every signal clearly, and pass to the right man on every play with just the right amount of speed and at just the right height. He must not be sluggish mentally. A man who is not absolutely clear in his thinking cannot be used in the position of center.

Best Position

The best position of the center on offense is to put his feet at the opposite corners of a rectangle. He should have the left foot advanced and the right foot behind and spread out as far apart as comfortable. This spread may be awkward at first but by taking limbering-up exercises for the hips a higher degree of perfection can be acquired. The center must be so placed that he cannot be pushed, pulled forward, or shoved to either side. The center holds the ball with his right hand and in much the same manner as the forward passer holds the ball—either the finger on the lace or the thumb on the lace. The left hand is used

just enough to guide the ball, care being taken to see that the thumb of the left hand does not impede the delivery. The center, when he passes the ball, practically throws a forward pass upside down. He should get the ball out well in front of him but he must not put much weight on it.

KINDS OF PASSES

The center must make five different kinds of passes on a team using all types of offense. The first kind of pass is where he hands the ball to the quarterback who is behind and somewhat under the center. In this case the center merely hands the ball to the quarterback with one quick, decisive motion and the left hand is removed from the ball so that there will be no friction when the ball is passed into the hands of the quarterback. In other words, it is practically passed with the right hand only. The second kind of a pass is where the kicker is back in the kick formation and the center must throw the ball to the kicker. The ball should be thrown just above the waist and a little bit to the kicker's right. The ball cannot be thrown too swiftly. In case the kicker is drop-kicking the ball is thrown at the knees. Passing to the man in kick formation on a run is very similar except that the man receiving the ball must be led a certain distance. The amount which he is led varies, depending on the speed of the back. The fourth kind of a pass is a pass back to the halfback in regular formation. This pass should come about waist high and should be thrown so that the ball comes back with about a half a revolution and floating rather easily, so that the man catching the ball will be distracted in catching it only a minimum.

Consistency

There is one thing which the center must develop in this kind of a pass; it is consistency. There must be no changing of pace. The ball should come back at the same height, same speed, faultlessly every time. This is of great assistance to the back carrying the ball. The fifth and last kind of pass is the one in which the ball is thrown somewhat around the corner so to speak

and laid up in the air like a zephyr or a waft of smoke so that one of the backs can go dashing through the line on a quick opening play. This sort of a pass is dangerous to use unless you have a center who can master it. There must be no spin of the ball; it is just allowed to lie up in the air. The short halfback picks it up and is off through the line.

Charging on Offense.

The center must also learn to charge on offense. On the indirect pass he can charge and pass at the same time as there isn't much danger of the ball going astray as he hands it to the quarterback. In direct passes, however, he must first make sure of his pass and then charge. Later on as he becomes more proficient he may combine the pass and the charge more and more, always being careful, however, to make the pass good. In charging on offense the center takes short digging steps and by looking up under his eyebrows before the play starts he can get an idea pretty well as to where he will find the defensive center.

Concealing Play.

No matter what kind of a pass the center intends to use he must not let out by a sign of any kind when or where he intends to pass. Any telltale uneasiness of this kind must be corrected. The man playing defensive center opposite the offensive center may even try to get his goat by rough playing, hitting on the head, etc. This detracts from the defensive center's value to his team in many plays and our center should not let it bother him. If the offensive center feels any one of his own side getting off-side he should hold on to the ball. If he finds any one of the defense getting off-side he should pass it so as to get the penalty.

Center on Job.

At signal practice the center should always be well down the field and be ready to receive the ball from the man who is carrying it so as not to delay practice in any way. The same should occur in the game. The center should be on the spot at all times ready to receive the ball from the back who has carried

it and to make sure that the defensive center does not push the ball back when no one is looking. If the center is to give full value he must display a lot of pep. This pep may stimulate the whole team. The center must generate pep by being alert and alive on the job on offense every minute.

On Defense.

On defense the center should always play in front of the offensive snapperback. This enables him to give great versatility to his play. There are times when he may want to pull out to support on end runs and he can do this better playing in front of the snapperback, since the snapperback is so engrossed in passing that he cannot charge instantaneously. Playing in front of guards and tackles, he could not do this as their charge would be so instantaneous as to prevent him from pulling out. There are three positions in which the defensive center may play. Two of these are on the line of scrimmage and one is dropping back several yards. When the offensive team is using the indirect pass the defensive center is in there charging very much the same as a defensive guard would. He will have to do this whenever the offensive team uses the indirect pass. When the offensive team uses the direct pass the center is also in the line, but playing what we might call "loose mentally." By this I mean he is in the line but he has not committed himself nor does he commit himself until he sees what develops. By holding the offensive center by means of placing the hands on the head he can still charge in, in case it is a line buck, in plenty of time to stop the play. In case the ball goes to the back, way back, or to the regular halfback in the Z or square formation he can pull out to reinforce on the *inside*. In case of a forward pass he will be warned by the left halfback who will call "Pass," or in case he sees this himself, he will drop back and cover the short zone in the middle, in case zone defense is used. He will drop over to cover the second back in case the man for man defense is being used. In certain positions on the field, particularly on second and third downs with big yardage, and sometimes even on first down the center may drop back several yards so as to

be in a more advantageous position to cover end runs or passes. In other words he can do this when there is no danger from line bucks, or when a line buck over center is invited.

On Shift Plays

On shift plays the center has charge of the line shift on defense and it is he who will notice whether the line is shifting intact. It is he who will notice whether the line is overshifting or undershifting and he is responsible to see that these things are corrected. From his advantageous position he watches closely the quarterback and the other three backs. It is he who is in a position to perceive when one of the offensive backs tips off the play. These little mannerisms may consist of just a look with the eyes, just a leaning of the body, a slight shiver when a certain number is called, now a pulling up of the pants, and in some cases digging in a little deeper with the cleats. The observations of the center should then be called out in a loud voice to the whole team. This not only prepares them for what is probably coming but also in many cases completely demoralizes the offense. The defensive center must not give any hint or indication to the offense where they may expect to find him, nor any indication as to where he intends to go after the play starts.

Covering Up Real Intent

The defensive center should do a lot of threatening and do a lot of feinting so as to cover up his real intent. The defensive center should tip off to the guards as much as possible what he intends to do and must notify them when he is dropping several yards back. He also keeps in touch with the defensive fullback by word of mouth. Against punt formation the center also drops back and covers the short zone in the middle, or in case they are using the man for man defense he generally covers the second man in the tandem. The center must never make any impulsive analysis and then run without looking. He must run and look and analyze all at the same time. The ability to do these three things at the same time is hard to acquire. Against spread plays the center is the key man and should tip off to the sec-

ondary and tertiary defenses what territory and what man he intends to cover. They will take their cue from him. If you are playing against an offensive center who seems to be worried when you charge him hard, I would charge him hard continually and it may cause him to make some very bad passes. Against forward pass plays the center must learn to run as hard as he can and to play the ball more than the man as the passes he is covering are of the short kind. By keeping an eye on the passers he will get a very good idea as to whether or not the pass is coming into his zone. He must always relax so as to be able to leave his feet and jump high into the air in trying to intercept the ball. When the other team is kicking the center may sometimes tip off his two guards with a signal, this sign to indicate that the left guard is to get the center and the right guard to pull the guard his way, and the center can then run straight up the alley to block the kick.

The Key Man on Defense

When the other team is in a hole and is almost sure to kick, the defensive center may unobserved slip on to the weak side between the tackle and end and his presence there may be unnoticed. If the tackle will now direct his charge on the halfback making him center all his attention on him, the center may again get a clear shot at blocking the kick. As I have said, the center is the key man on the defense. He must follow the ball like a hound offensively and defensively. He must make sure that at all times no one on the other team is hunching the ball even an inch. The defensive center should be alert on quick lineup plays, series plays, or quick plays from out of bounds, on conversation plays, and he should give the warning to his teammates by word of mouth so that they will not be caught napping.

The center should never lose sight of the ball and there is no excuse for a surprise play against an astute and observing center. A clever center who keeps a tactical situation in mind at all times and who keeps roaming but who is always in the right place at the right time can be a thorn in the side of any offense.

HINTS TO CENTERS

1. Do not put too much weight on the ball.
2. Start all the five kinds of passes the same.
3. Never tip off when you intend to pass, by lifting, etc.
4. Don't let the defensive man get your goat by hitting you on the head, laugh at him and he will quit it.
5. If any one appears to be offside on your team hold the ball.
6. Follow the ball all the time; you are its custodian.
7. Make the pass good before you charge or block.
8. Be consistent and don't let your wrists become stiff or rigid.
9. When charging on defense, do not let offensive center get to your body.
10. When playing "loose mentally" do not tip off to offensive men where or when you are pulling out. Always fake direction of charge and threaten as much as possible.
11. On short passes play the ball more than the man.
12. In reënforcing on defense against flank plays come in on the *inside*.
13. On defense keep in contact with the defensive full.
14. Center can tell whether or not line is shifting correctly against shifts and should suggest corrections.
15. When over ball no part of back should be higher than the shoulders.
16. On defensive learn to analyze and run at the same time.
17. On defense against open plays talk it up and keep in contact with others in secondary and tertiary.
18. Whenever you can, pull over to the weak side between tackle and end, when you feel sure the other team is going to punt. Do it quietly and charge in with abandon to block.

CHAPTER X

GUARD

In the olden days, before the use of running guards in interference became so universal, most of our guards were big men and had to weigh two hundred pounds in order to make a team. Of course the guards to-day must still be big, but they must be agile, active, and fast enough to be able to pull out in running interference. A lot of coaches claim the credit for being the first to use guards in running interference, but I would remind them that "Pudge" Heffelfinger of Yale was pulling out in 1889. It is still true that a good big man is better than a good little man, but because a man weighing from one hundred and sixty to one hundred and eighty pounds is on the average more agile than the two hundred pound man, we find to-day that our guards on the whole are not as large as they used to be. They must, however, be large enough and rugged enough to be able to hold their own on defense no matter how powerful or pile-driving the attack. At the same time they must, whenever called upon, be able to get into the interference.

Importance of Position.

There is a tendency on the part of some coaches to minimize the importance of guards but in my opinion they are as important as any other position. Harvard's lines of late years have been known as real powerful lines and yet the only outstanding men in their lines have been the guards. They have been able to extend themselves over such a large territory that they have made the rest of the line seem powerful.

I experimented one year, and in one game I ran the running play without the guards pulling out and then in the second half I used the same running play with the guards pulling out. The

plays became 35% more efficient and in an important and tight game that would have meant the difference between the plays working and not working.

The Stance.

The stance of the guards on the offense is to squat down like a coacher in baseball coaching on the side line, with the feet fairly well spread and with the toe of the outside foot on a line with the heel of the inside foot. There is practically very little weight on the hands. From this stance the guard can either charge ahead or he can pull out without having given any intimation to the defensive guard ahead of him what he had in mind. In fact the first intimation should be in actual performance of one or the other. In charging ahead with the shoulder to shoulder charge in case the guard is the apex man in the charge, he lunges straight into his man and then by keeping his tail low, head back and legs well apart he keeps charging straight ahead, on all fours, if necessary, being careful not to get knocked down. The rest of the line, in this case keeps in touch with him by means of their right or left elbow. In case the center is the apex, the guard does the same thing only he keeps in touch with the center by the inside elbow and swinging his head to that side. The charge should be low and from underneath so as to lift the defense. On the quick opening plays the guard may use what is known as the zigzag step. Look at the spot on the opponent you intend to hit with your head and shoulder and the spot on the ground you intend to hit with your inside leg. When the ball is snapped you drive off, hit him with the head and shoulder where you had intended, flailing the other leg like a flail and swinging your seat so as to put that between yourself and the hole through which the man carrying the ball comes. Drive the defensive players both back and away from the hole, how much and how far depending on how you find the defensive man and how you have been able to handle him.

Pulling Out into Interference

In pulling out into the interference the best method to use is for the guard to cross the inside leg over the outside leg by means of pushing off with the hands and a quick twist of the trunk, and the overbalancing of the weight in the direction in which you are going. Having gotten away fast the next trick is to get into the right place in the interference. I mean by this that you must get into your particular niche in the interference and not clumsily knock down any of your own halfbacks. You must not slow down but must keep on running just as fast as you can and stay down low. The third and most important: when you reach the spot where you encounter defensive players you must actually do business. You must take them out of the way. So many guards fulfill everything but the last. They come running out low and fast but like a lot of children playing "Run sheep run" they have nothing definite in mind and hence nothing is done. The guard must do business after he has reached the point where he encounters defensive players. Whether he should leave his feet or whether he should block while holding his feet, depends upon the type of defensive player he encounters. Against defensive players charging in fast he will leave his feet and against players standing still and waiting he will merely run up high and body block, holding the feet. In plays where the guard and tackle are both supposed to work on a defensive guard it is well for the guard and tackle to have a signal between them as to who is "low," and who "high."

Blocking or Faking

In blocking, or faking, as in delayed bucks, the guard should practice counting continually to himself so that his delayed block is properly timed. On punts and kicks the guard should wait until the defensive man shows before he charges him with the Indian block. This does not allow the defensive man, therefore, to dodge the offensive guard, which he might do if the offensive guard lunged at him. In pulling out to protect on some forward

pass plays the guard must be careful to see that the defensive man coming in does not dodge him. Spread feet apart and put head to the rear. If the defensive player is meeting the guard by placing both hands on his shoulders drop one shoulder down lower than the other without detracting from the charge; this will take care of him. If the defensive guard is charging low right along the ground without the use of hands only one offensive man should be necessary to roll him to one side and lay on him. If the guard is the man who goes down the field to cover the kick (sometimes the center may go down, sometimes the tackle), he should go at the receiver just as hard as he can without any reserve and head on, as there is another wave or two of men coming up directly behind. In case you miss, your terrific drive will at least strike fear in the punt receiver's heart. All and all on the offensive work, the guard should say to himself that if he doesn't fulfill his assignment the play cannot go. And this is correct in almost every case.

Defense Guard Lined Up

On defense the guard should line up with the inside leg fairly well back. This is the leg he should drive from. As a rule he should charge savagely all the time. The only exception to this is against some types of spread plays and against a screen pass. Against certain spread plays, or if he senses a screen pass, he should drop back to his own side and help cover that short zone for a pass. In lining up on defense there are various things which the guard must keep in mind. First of all he must always be ready. I have talked with guards between halves and after a game and invariably when I inquire as to the wherefore of a long gain through their position they reply that they were caught napping. They were not ready. So on defense the guard must always be ready mentally and must never be caught napping. He must split his vision between the ball and his opponent having in mind the tactical situation and also see out of the corner of his eyes the stance of his opponent. He has in mind using a particular stunt; the choice of stunt being also influenced by what he used last. He never allows himself to get into a rut but keeps

using contrasts and he uses the stunts which he finds most effective against this particular opponent. He also keeps the other half of his vision on the ball so as to make sure that his opponent does not get the jump.

Playing One Man Only

Some coaches advocate focusing on nothing else but the ball. I do not agree with them because if this were correct the best way to insure this focus would be to put blinders on the guards, and they would see nothing else but the ball—to their sorrow. The instant the ball is snapped the guard charges into his opponent in his own territory keeping his opponent away from his stomach or body and driving as far across the line of scrimmage as he can get. He then gets rid of his opponent and on his secondary reactions instinctively drives towards the man who is carrying the ball. The defensive guard aims to play only one man at a time and the various stunts he uses are hands on the head, hands on the shoulder, driving underneath, diving overhead, lateral head swipe, vaulting to the outside, or jamming the offensive man's head into the ground.

FOOTWORK

The footwork is also important. If an offensive man drives at your legs you can avoid this by just a little shifting of the feet. Do not raise up but always stay down low. Don't give an inch of ground and get as far across the line of scrimmage as you can, always keeping your head up and eyes open. Extend yourself as far as you can on secondary reactions, after you have gotten rid of your opponent. Often when the play is aimed at you, you can jam your opponent into the hole and he will block the play. There are now and then times when you will have to play between two men. In that case mix up "submarining" and the "double coördination" movement. Don't forget to use your elbows when you are clamped. Never go flat on your stomach. When you go to the ground stay on your knees if possible, and get back on your feet again just as quickly as you can, without raising yourself up too much and so

making yourself vulnerable. Keep in contact with your center and move in tighter when he drops back. Also keep in contact with your tackle. Never allow anything but a normal gap between yourself and the tackle. The guards' play is often unnoticed by the spectators and by the press but the coach and rest of the team know that the work of the guards is as important as anybody's and a really great guard is a wonderful asset to any team.

HINTS TO GUARDS

1. Assume stance on offense from which you can charge ahead or pull out without defensive man getting any hint.
2. When charging ahead use head back, low tail and leg drive, eyes open, and keep after your man.
3. In shoulder to shoulder charge go ahead as hard as possible but keep in contact with man on your inside with head and elbow.
4. On quick opening plays get to your man fast, swing outside leg like a flail and get tail to outside and square.
5. Keep in contact with tackle so when two work on a man you will know who is too HIGH and who is too LOW.
6. When blocking on kicks, passes or guarding passage of the ball, guard should wait until other man *shows*, but then he must be aggressive and not passive.
7. On delayed bucks time your delayed block so that it is accurate.
8. In pulling out, Get out Fast, get into proper place in interference, and then when the time comes fulfill your assignment. Feel that the play will not go unless you do.
9. In pulling out to block on passes be careful that man does not dodge you. Spread feet out and put head to the outside.
10. On punts delay with center and then all three charge shoulder to shoulder down the field. Run fast and go at receiver without any reserve, head on.
11. On defense, as a rule, charge savagely all the time.
12. When you sense a screen pass drop back and to your side.
13. Always be ready.
14. Keeping in mind tactical situation, make up mind ahead of time, STUNT for opponent. This is subject to opponent's stance.
15. Concentrate on the ball.
16. First charge should always be in own territory, and as deep into opponent's as possible.

17. Secondary reactions should be to clean up opponent and then look for the man with the ball.
18. Always try to get the JUMP.
19. Never let them get to your stomach.
20. As a rule try and play only one man at a time.
21. Don't forget to use your elbows when clamped.
22. As a rule do not grab legs.
23. Watch offensive backfield for tips.
24. Keep your mind active and keep your opponents guessing by mixing up your STUNTS.

CHAPTER XI

TACKLE

The tackles are generally known as the big shock-absorbers on the defense and the irresistible force on offense. The tackle does not have to be as fast as a guard but, if he is shifty on his feet, he is better than a man who is not shifty. There have been a few tackles who have been great waiting tackles. These invariably have been men who have weighed two hundred and fifty pounds. Even they would have been more valuable had they been aggressive. The tackle should be the biggest man on the team and at the same time the most aggressive. He should have irrepressible fight and he should charge so savagely that he can not be stopped until he finds himself with the man carrying the ball. No man of phlegmatic disposition can ever play football, least of all tackle.

The Ideal Tackle.

A tall tackle with big hands and very powerful forearms and with a certain shiftiness of feet, makes the ideal kind of man for this position; big hands so that they can stand a lot of punishment; powerful forearms so that no one of the offense can get to his body; shiftiness of feet because power alone is not always successful; and with height so he can reach over interference when blocked and still get the man carrying the ball.

On Offense.

On offense the tackle assumes the stance with his legs coiled under him and fairly well apart, the toe of the inside foot being on a line with the heel of the outside foot. The head must be back and the tail low. The tackle must be careful not by any sign to tip off to the defense what he intends to do or when. The tackle should be careful not to get the leg back too far or

he will interfere with the guard pulling out. On straight ahead plays the tackle charges and should use the same terrific leg drive that the guard uses. When protecting the pass he must be sure to use only his body in using his high back block. On quick opening plays he will use the same zigzag step that the guard uses, with the same form. On cross-checking or scissoring the tackle charges second and must pivot to get the right angle and then drive with abandon keeping the legs under him.

On Punts or Passes

On punts or passes the tackle must wait for the defensive player to show before he uses the Indian block. He must be careful on punts to make sure, according to the signal, who is going down, he, the center, or the guard. The center and the left tackle are the men who generally go down with the first wave and the right tackle must block longer and go down the field on the second wave. The left tackle can bump his man and go straight on down the field, that is, of course, with a right-footed kicker.

On Defense

On defense the tackle should squat down fairly low, with or without hands on the ground as desired, with the inside leg slightly advanced. He should not allow the offensive end to outflank him unless he goes away out, in which case he should change the stance making the outside leg point toward the end. He should be sure to keep spacing with the defensive guard and always keep eyes and hand on the flanking end. Usually, against a normal offense, he should try to play on the outside shoulder of the end. If the end flexes he should play in front of him. However, if he deploys too much the end should be let go, but the tackle should always keep the eyes and hand on him. The same points that apply to the guards as to being ready, etc., apply to the defensive tackle.

Forearm "Shiver"

As the ball is snapped or, as the end makes a lunge at the tackle, the tackle should make the first charge in his own ter-

ritory, and he should get back in as far as possible spending as little time as he can with the offensive end. The offensive end should be slapped straight back to the ground or to one side as quickly as possible and then the tackle crashes right back at the man carrying the ball scattering the interference in all directions as he does so. It is well to stay down low, keep the hands out in front, spread the legs, so as to offer no target for any clippers. He should crash right on through to the man with the ball swerving in or out as the case may be, and the interference must be broken up incidentally. Charge savagely and ruthlessly, but within the rules. The tackle must never stop charging until he has the man with the ball, or until some one else has him. When he hits with his arms he should put on a forearm "shiver," and the arms must never bend at the elbow, nor must he ever hit interference or the end on the back. This is fatal.

Against Forward Passes.

On defense against forward passes or kicks the defensive tackle should reach the man with the ball as though his life depended on it. He should go high with his arms in the air against the passer and tackle him high if he still has the ball, not leaving his feet. Against the kick he will jump high into the air in front of him, but must be careful not to touch the kicker himself. He should keep in contact with his end, and whenever the end intends to smash the defensive tackle should wait and fade towards the flank.

Position of Tackle.

The defensive tackle must bend well at the waist and knees, and at the same time have nifty footwork, so as to be able to go driving through straight at the man with the ball. When playing an enveloping halfback and a regular end, the tackle must keep moving in and out as the quarterback calls his numbers, so that the quarterback will have no definite idea as to where to expect to find him. As a rule the tackle will play where he finds he is sure to be on the outside of the halfback, as it would be fatal to be flanked and knocked in. His own guard,

of course, must move out to reënforce him, and the defensive end must tighten up somewhat. Against the tight shoulder to shoulder formation the tackle must play directly in front of the end with one hand on the ground. He must stay very low, charging straight back lifting the end up if he is high and shoving his nose into the ground if he is low. The use of both hands on the head with the forearm "shiver" with a hip slip and side swipe is also effective. Like the guard the tackle must never pull out behind his own line of scrimmage, but must go through expecting the play to be aimed directly at him. Against spinner plays or against delayed side-swipes which are most effective against charging tackles, the tackle will go in more cautiously with his legs well spread and alert mentally for anything coming at him from an angle.

A pair of great crashing tackles make the work of an end easy. The weak side tackle, whenever he suspects a forward pass, will hold his weak side end and will do the same for tackle eligible for forward passes. He must also be alert for split bucks and reverse plays and must never be sucked in, flanked, or caught napping in any way. A pair of great tackles will cause any coach to sleep much more peacefully in the fall.

HINTS TO TACKLES

1. Assume a stance on offense with your legs coiled and your tail low. Legs should be well apart and braced.
2. Do not by any sign tip off to defensive man what you intend to do.
3. Don't get your legs so far back that they interfere with guard pulling out.
4. When protecting passage of ball move to man swiftly, and accurately. Then stay against him with pressure.
5. On shoulder to shoulder charge, keep in contact with guard by means of elbow and head.
6. Keep in contact with guard with signals on High and Low.
7. On opening a hole keep digging with short steps and get tail to outside and square.
8. On cross checking keep legs under you, eyes on man and leg drive with abandon.
9. Keep experimenting with your timing.

10. On punts block for two seconds and then down the field slightly on the outside of the receiver. Slow down just a little for tackle.
11. On protecting for passes make opponents *Show,* but after that be aggressive and not passive.
12. On defensive keep inside leg forward as a rule.
13. Do not allow offensive end to flank unless he goes away out, then keep spacing with Defensive Guard and keep eye and hand for offensive end.
14. When playing flanking end, change stance so outside leg points towards end.
15. Always be ready.
16. First charge should always be in tackle's territory and as deep into opponent's as possible, and from underneath or to one side as a rule. If offensive end is too low hit to ground and go over.
17. Keeping in mind tactical situation always make up mind ahead of time STUNT on end,subject to his stance and what you used last.
18. Watch the end for the first move and then beat him to it.
19. Never let him get to you.
20. Secondary reactions should be to clear end out of way and then get after man with the ball, cleaning up the interference incidentally while so doing.
21. Never stop charging until you have the man with the ball or someone else has him. Never quit; irrepressible fight, savage charge, indomitable spirit, unquenchable enthusiasm are what a tackle should have.
22. Don't let your arms bend at the elbow and don't hit a man on the back, these are fatal.
23. Rush passes and kicks as though your life depended on it.
24. On passes and kicks go high and throw arms in air and against passer, tackle high if he still has ball. Never get caught flat-footed.
25. Watch formations and don't get sucked in or flanked. Play in front of end whenever possible.

CHAPTER XII

END

The ideal end in the game to-day is one who is not too tall nor too short, but about five feet ten or eleven inches in height, weighing about one hundred and sixty-five pounds. He must not be too short or he will be handicapped in catching passes. He must not be too tall or he will be handicapped in boxing the tackle. He must be rugged enough to smash interference and agile enough to sift his way through interference. He must be fast enough to cover punts and to get loose into the open to catch passes. He must also be elusive and have that ability which we might refer to as being "nifty." An end must also have endurance, as in the modern game he has to do more running than any of the men in the other positions. He may be called upon to run down the field two or three times in succession on forward pass plays, and then to come right back and without any rest whatsoever may be called upon to sprint fifty yards down the field to cover the kick.

Substitutes Essential Here

In fact, I always try to have three sets of ends ready, as there is no place where reserve material counts so much as in the end position. The position of end is important on defense but it is even more important on offense. In fact, without good offensive ends the average team has quite a time of it trying to work up any offensive strength, as the end is in many respects the key man to the offense. This is because he is called upon to handle a tackle and, though he may be helped most of the time by backfield men, yet it is the end who must be able to hold his own with the tackle, or the tackle will go crashing through and will break up the play before it is well started. The end must

be a good open field tackler, in fact, no one on the team should surpass him in ability along this line. An end should practice dodging, sprinting, and boxing between seasons, or in pre-season training as it is called. Practicing dodging will give elusiveness, practice in sprinting will develop speed, and boxing will develop both motory coördination and the reflexes, so that an end has complete control of himself at all times, and can at will use power, agility, and elusiveness.

Stance of the End

The stance of the end in close formation on offense is one very similar to the tackle except that the legs are not so well apart though they must be braced, coiled with the knees well bent and with the tail low. The end will also put more weight on the hands than the tackle, but like the tackle will have the inside foot about a foot behind the outside foot. When the end receives a signal from the quarterback and the play called is one where he must put the defensive tackle either in or out he must not tip off by any sign to the defensive tackle what he intends to do. The average tackle will outweigh the average end about forty pounds. The things which the end must utilize in order to be able to box this tackle, who also has the use of his hands, are skill, quickness, and tenacity. The end must move so fast that before the tackle has a chance to ward him off he is in contact with the body of the tackle. Depending upon the build of the tackle he will adapt the height of his charge. He must hit neither too high nor too low and must get terrific leg drive from short digging steps with legs far apart. The back must be kept level and the eyes open and head up. The tail must be swung to the side where the man carrying the ball is going so that either the inside or the outside leg may be used like a flail with no diminishing of the power of the charge.

Besides this charge, the end must also sometimes drive right between the tackle's legs and continue his charge as he raises up causing the tackle to flounder around helplessly. The end may also shoot one knee between the legs of the tackle, and the body is then twisted or contorted to either the inside or the outside

Chevigny Flanks the Detroit Left End for Twelve Yards

depending on how he wants to block the tackle. In punt formation the end may sometimes fake as though going for a pass with one step, and then coming back make a rolling dive at the tackle just above the ankles with all the leg drive at his command. This is effective against a tackle who comes charging in fast. Care must be taken to be sure, however, that this stunt is properly timed.

On Forward Passes.

When a forward pass play is called the end must not change his stance nor must he change his appearance in any way. He must continue as he had been doing, to threaten to block the tackle. Practice ducking to get away from the tackle, and in order to get clear of the halfback the end must keep in mind running relaxed, change of pace and change of direction, all the while feinting with the eyes and with facial expression so as to cover up his real destination. In catching a forward pass the end must remember to spread his fingers without tensing the fingers or the wrist. The ball should be caught like a baseball, with the hands only, and the hands must give. The arms and body remain soft and liquid as no man who becomes tense can ever expect to be a forward pass receiver of any note. On punts the end should move off down the field with the ball. He will run as hard as possible using a change of pace, hands, and elusiveness to get by the halfback assigned to prevent him from covering the kick. On a punt the end must slow down the last five yards and by spreading his legs a little farther apart he can better adapt himself to whatever change of direction the punt catcher may decide to take. However, the end must stay on the *outside.*

Covering the Kicks.

It is important for an end to be able to cover kicks, and it is important for him to be able to catch forward passes, but his most important duty on offense is to be able to handle the tackle. Unless he can do this he is useless to the offensive team. There is one point he must bear in mind: He must not do what so many ends are in the habit of doing; taking a dive and then

going to the ground on his stomach. He might just as well be up in the grandstand as on his stomach. On offense a good end always holds his feet and never goes to the ground.

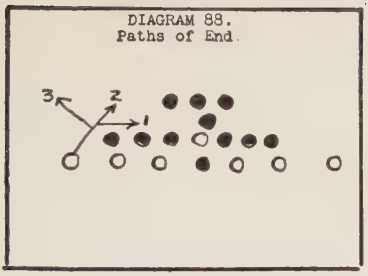
Types of Ends.

As to defense there are two types of ends which are generally discussed by coaches. One is the smashing end who comes in at an angle of 45° and on the outside, and takes a running dive at the head of the interference. He tries to roll on through and either pile the whole thing up, or be able to grab the man carrying the ball with his hands as he goes by. The weakness of this type of end is evident against a more open formation where the smashing end can get but one interferer. This type of end covers the inside of his territory very well but because he is committed to smashing, a clever backfield can go around him without any trouble.

The other type of end usually spoken of is what is known as the "waiting" end or the "square" end. This is the type of end who goes back in perpendicular to the line of scrimmage for two or three steps, and then turns at a right angle to meet the play. This type of end certainly drives everything in but he leaves such a big gap between himself and the tackle that he does not take care of the inside half of his territory, nor does he properly support the tackle. One interferer is sufficient to hold him out where he is, and if the offensive end and a back can hold the tackle even, a fast backfield can go parading through the gap between the tackle and the end without a great deal of trouble.

The type of defensive end which I like to coach is what I might call a "sifting end." I have coached this type of end many years at Notre Dame and do not believe that it has any weaknesses.

The defensive end goes in three steps, long or short depending upon how fast the offensive backfield is getting to him. If the offensive backfield gets to him quickly he must make the three steps very short. The first step is with the inside foot so that he ends up with the inside foot advanced. He must get in as fast as possible and get in as far as possible with the three steps



without committing himself. If, as the end starts in, the play clearly shows that it is going to be an inside play the end takes path No. 1 and jams everything in as tight as possible. If, as the end starts in, the play immediately shows that it is going to be an end run then the defensive end takes path No. 3, deviating from paths 1 and 2 on the second and third steps. Particularly does he do this if the man carrying the ball has a reputation as an end runner. The battle between the interference and ball carrier on one hand and the end on the other hand is to see who will show first.

A good team does not tip off if it is an inside play or outside play but covers this up as long as possible. Against this type of play the end must go in on path No. 2 as fast and as far as possible without committing himself. The angle he goes in will generally be 65° or 75° so that the man carrying the ball can neither circle the end nor go back in, without, in either case, having the defensive end tackling him above the knees. The defensive end must learn to meet the interference with his hands, the power coming from underneath, and the arms must not give. From this position with the inside leg advanced, and with the end holding off the interference, the ball carrier must now show either in or out. If he shows in, the end may either shove the interference into the ball carrier or he may by use of hands on the head get rid of the interference and by keeping his legs bent and well under him may make the tackle himself. If the ball carrier shows out the end merely crosses the inside leg across in front and by the use of hands and head gets rid of

his interference to the right and either runs the man wide out of bounds or he may prefer tackling him close to the side lines. If two interferers come at the end he must fake one and play the other, generally the outside man. If the interferer dives at him the defensive end will merely show him his inside leg and then pull it away by use of the hips. In other words, he merely sidesteps diving interference.

The Tactical Situation

The end must never allow interference to get to his legs and he must not give any ground. The only exception to this is when they try to circle him. In this latter case it may sometimes be to his advantage to give a foot or two to get away from the interference, allowing him to get at the man with the ball who is now in the open. There are times against certain kinds of offense when it may be advisable to smash. However, the defensive end should never smash unless the offensive backfield is bunched and he is sure of getting two or more men. Whenever the end intends to smash ahead of time he should tip it off to his own tackle and to the halfback who is backing him up. The end should always have the tactical situation in mind, and an experienced end can always "smell" when they intend to try to run him.

The defensive end when he finds the play going around the other end must go in cautiously looking out for a criss-cross, reverse play or a forward pass to some back coming back to his side. In the latter case it is generally best to hold the back and give him no chance to get free. The defensive end must always be careful when playing against a team using a triple pass as it is a natural thing to relax after he sees the ball passed back the second time. Against this kind of a team he must fight against his tendency to relax and be alert for the triple pass. Against forward passes the defensive end on the strong side must go in as fast as possible, low, and from the outside. When the team is kicking from near its own goal line the end will use every means possible to try to block the kick. However, when the other team is kicking from near the middle of the field

and the end has every reason to believe that they will kick he will then drop back several yards and take a side-swipe at the offensive end as soon as he can. Even if he doesn't get him he will have slowed him up and made him easier for the halfback to handle.

On the Alert

If the offensive team uses a wide punt formation, and I mean by this that it tries to put its end outside of the defensive end, the defensive end must go out with him. That is, he will go out with him a certain distance and then the defensive end must come in along the line of scrimmage back to his normal position. As the offensive end dare not be in motion when the ball is passed this leaves him out there holding the bag. If the center should pass the ball when the defensive end is in front of the offensive end, the defensive end should play him hard with the hands, get rid of him quickly and, on his next reaction, go back in at the play. Against spread formations which from their very nature cannot threaten the end with end runs he may drop back five yards and play against passes just the same as a halfback would. However, he must be alert for anything and, in case a run should come, must come up quickly and decisively on the outside. The things an end must remember on defense are to stay on the toes, stay crouched, and I mean by this, to bend the knees, and to use his hands accurately and vigorously.

HINTS TO ENDS

1. On offensive, never tip off by any sign, so that tackle can tell what you intend to do.
2. In boxing tackle, first move must be fast enough to get in contact with body of tackle.
3. End must hit neither too high nor too low and the back must be kept square, head up. Use short digging steps with legs well apart.
4. Tail must be swung to the side where man carrying ball is going so outside leg must be used like a flail.
5. Keep tail low, legs well apart, head up and eyes open all the time.
6. Get the jump on the tackle, using stunts which will work best against this particular man, keeping in mind play called and what you used last.

7. On passes do not change your stance in any way but keep on as if threatening tackle.
8. In getting into the clear on passes keep in mind about running relaxed, change of pace and change of direction.
9. Spread fingers to catch pass and relax and give when catching ball which should be done with the hands only.
10. When you delay in going out for a pass or in blocking, count to yourself and find which count gives the best results.
11. Never go to the ground.
12. On defensive end must go in as fast as possible, so as to get in as far as possible, without committing himself.
13. Keep on the toes, crouch, and keep hands out in front.
14. Go in at an angle so man carrying ball cannot circle you nor can he cut without having you in with him.
15. Concentrate on the man with the ball and handle interference out of the corner of your eye.
16. Do not smash unless backfield men are bunched.
17. Do not allow interference to get to your legs. If they dive sidestep around them.
18. Always meet interference with inside leg advanced.
19. Do not give any ground, unless, in case they try to circle you, it is to your advantage to do so to get away from interferer allowing you to get at man with the ball who is now clear.
20. Always keep in mind tactical situation so as to know what to expect, and guide yourself accordingly.
21. Keep in contact with your tackle so you can team together for mutual help and for most efficient results.
22. On punts run as hard as possible, use hands and change of pace. Slow down a little the last five yards and spread legs a little.
23. On punts turn head for a look after you hear thud of boot against ball, so as not to be fooled by receiver faking.
24. Against punts when you are sure the other team is going to kick, drop back and take side swipe at other end as soon as possible.
25. On defense on weak side go in more slowly and look out for criss-cross or weak side pass.
26. Triple passes work because end relaxes after double pass. He must fight against this habit.
27. If offensive end tries to get outside of you, go out with him until too far then come in along line of scrimmage fast. If ball is passed while in front of offensive end play him hard with hands, clean him up and in secondary reaction go in after play.

CHAPTER XIII

HALFBACK

Halfbacks are born. Some coaches take a lot of credit for having developed certain halfbacks. What is generally meant by that, is that men with a lot of natural ability come to a coach and the coach does him no particular harm. Instead he uses this natural ability to the best advantage. Aside from teaching interference and how to defend against passes, everything in halfback play is more or less natural instinct.

The Best Backs

There is no particular build necessary for a halfback, except that he must have good legs. A halfback with small legs generally has not enough leg drive to interfere, or his legs may not be strong enough to stand the gaff. Halfbacks, in order to dodge, must be loose in the hips, and so I am always looking for loose-hipped chaps. I figure that a halfback who can dodge is much better than a halfback who cannot. Halfbacks, like ends, must have speed and they must be rugged and wiry. If they are rugged and wiry they are not easily hurt. If the halfback is tall this helps him when he is called upon to defend against passes. He must be a fast starter so that when carrying the ball he can reach the point of attack quickly. This is vital. If he can forward pass and kick so much the better, but these things are not absolutely essential. However, one or more men in the backfield must be able to forward pass, and at least one should be able to kick. The back who can forward pass while running at full speed is immeasurably more valuable than the back who can only forward pass when standing still. If there is a light, fast, elusive, shifty backfield use a shift attack. If the backfield is ponderous or clumsy use the set offensive.

Clever Halfbacks

Size is not necessary in hitting the line, the ability to do this depending upon ability to pick holes, leg drive, and nerve. The finished halfback is a man who can intuitively sense how to elude defensive players by change of pace, sudden change of direction, use of straight-arm and by dodging. Clever halfbacks I have known never worried about the first defensive man coming at them but their minds were actively at work on how best to elude the second and third, and even the fourth man coming up. Above all, a halfback must learn how to hold on to the ball, and he must NEVER fumble. In order to make sure that there is no fumble the halfback when tackled must not put the hand out to break his fall to the ground. Rather he should put the other hand also on the ball and, falling relaxed, must keep keenly in mind the importance of holding on to his precious burden.

DIFFERENT DODGES

It is best to teach a back the technique of the three different dodges which are: the side-step, cross-over, and the pivot. In using the side-step, the halfback holds the ball in the arm away from the tackler, shows him a leg, and then by means of the hip muscles pulls the leg away by jumping to the side. There are three things to be borne in mind here regarding putting down the leg which is used as a bait for the tackler. This leg must be put down so that the weight is on the toe, no part of the heel touching. The weight of the body must be forward and the knees well bent. The straight arm is used along with this to make it more effective.

"Cross-Over"

The "cross-over" dodge is more easily learned. The back fakes one way and then by crossing one leg over as sharply and as far as he can, he changes direction and also sort of fades away from the tackler. The straight arm can also be used here but the important thing is running relaxed and having a pair of very supple hips.

The Pivot.

The pivot dodge which is generally used by line plungers, though it is also used by small men, consists in holding the ball in the arm on the side the tackler is coming. Just before he is tackled he places down his outside foot hitting the tackler on the head gear with his outside hand and at the same time spinning away from the tackler. Big men find lifting the knees adds to their effectiveness. The objection to the pivot dodge lies in the danger of injury and in the fact that the man carrying the ball turns his back to the defense for an instant or so. This may prevent a long run, but the pivot dodge may add many extra yards to the ball carrier's gain.

Sprinter's Crouch

There is much discussion as to whether the backfield men should use the sprinter's crouch with one or both hands on the ground or whether they should merely be on the balls of the feet, legs well spread, knees bent, and with the hands resting on the knees. I believe that with a heavy, ponderous backfield using the set formation I would use the sprinter's crouch with one hand on the ground. For a fast shifty backfield employing the shift, however, the sprinter's crouch is not necessary and these backs may use the other method just described. However, whichever system is adopted the backs should work to correct any habits which might give the defensive side any hint as to the kind of play to be used, its direction, or who is to carry the ball. In fact, a clever halfback must adopt subtle mannerisms to fool the defense but these must not be overdone. While the signals are being called the halfback should be relaxed and on the balls of his feet. When acting as an interferer the halfback should get to his man as soon as possible, should meet his man as aggressively as he can and he must use every fair means at his disposal to keep the defensive man away from the man carrying the ball. A good interferer never looks back. When acting as an interferer the halfback should not look back to see if the man carrying the ball is coming or the latter may run up his back. Instead,

look ahead and get the man he is assigned to get. If he does this the man carrying the ball will take care of himself. If the halfback, when carrying the ball, has any habit of running wide and trying to outrun the defensive end he must correct it. He must learn to cut in and he must learn that forty yards across the field is wasted energy, but that five yards up the field is dividends.

Good Acting.

When about to be tackled near the side lines, and he has a good chance to reverse the field, he should do so; otherwise he should get out of bounds. In plays where he is acting as a decoy or where he is supposed to look as though he has the ball and hasn't, the halfback must make his acting as realistic as possible. When carrying the ball the halfback should fight for every inch of ground, and by squirming, twisting, driving with the legs, and lifting the knees, may sometimes break clear away from men who have only half a hold. A backfield combination must develop confidence in its ability by developing what is known as the "offensive" complex. They must be a little egotistical in their ability and they must get a real thrill out of their teamwork in trying to advance the ball.

Good Interferer

No man should play on any team who is not a good interferer and the halfback is no exception. Sometimes high school stars are spoiled and become just ball carriers. If they can be made to interfere as well as they carry the ball, they are worth twice as much to the team. As far as my team is concerned, no halfback can play on it unless he can hold his own at interference, and can play defense against passes.

Main Job on Defense.

The main job of the halfback on defense is to be alert for forward passes. When he has analyzed a play and sees a running play developing he will come up fast and on the *outside*, and his tackle should be made at least on the line of scrimmage

and not five or ten yards down the field. The halfback on defense must learn to relax. No man can play defense against passes who is tensed. By this I mean of course the physical condition. The halfback must always be alert mentally. The halfback on defense gets his cue by watching his offensive end. If, as the ball is snapped, the end starts down the field, the halfback should call "Pass" immediately in a loud clear voice so that the fullback and center are immediately warned. He must not be caught flatfooted, but will start dropping back and to one side immediately, maneuvering so as to keep both the end and the passer in sight. He plays the end until the ball is in the air, after which he plays the ball only. Against teams using varying formations the halfback must keep in contact with the secondary and quaternary defensive men so as to make sure that they are all clear on their assignments. Against forward passes the halfback will catch the ball, whenever possible. However he will bat it on fourth down, and whenever the offensive man and he are going for the ball at the same time. In the latter case the halfback should leave his feet at the right time meeting the ball at his highest point with his hands and knock it decisively to the ground.

Zone System of Defense.

The strong side halfback when playing the zone system of defense must guard against passes in the flat zone. He must play it safe on these short passes to the side. I do not mean by this that he should not come forward to catch the ball whenever the opportunity presents itself. These interceptions generally lead to a touchdown on account of the angle. However, when there is doubt as to whether or not he can intercept it, he had better play it safe and tackle the receiver as he catches it. In this case the receiver will not have gained any, or at least very little yardage. Whereas if the defensive back went for the ball and missed it, the receiver might go on down the field for a long run. The defensive halfback must always bear in mind the tactical situation and must conduct himself according to what play he has every logical right to expect is

coming. When blocking ends on kicks under the present rules the best thing to do is to take a good, healthy running dive at him as soon as he can. When blocking ends on kicks the halfback should not try to catch short punts which may roll his way as he is sure to fumble. If anything, keep out of the way of the ball so as not to put the kicking side on-side.

Against screen passes the halfback should rush forward swiftly into the threatened zone. When sure the other team is going to kick, one of the halfbacks may go back with the regular receiver of punts though he must be careful that the situation is such that there is not much danger in so doing. When the halfback sees the play going around in the other direction he must be particularly alert that there is no comeback play of any kind back into his territory. He leaves his position to reënforce only when he is sure that no play of this nature is possible.

HINTS TO HALFBACKS

1. Work on correcting any habits which might give defense any hint as to play, direction, etc.
2. Keep your feet under you and your head up all the time.
3. Be relaxed while signals are being called, and be on the balls of your feet.
4. Always fight for every inch and always fall forwards in a paying direction.
5. Be as aggressive as possible when interfering and use every means at your disposal to keep tackler from man carrying ball.
6. Always hold the ball, concentrate on this.
7. Make your acting realistic when faking.
8. Learn to dodge while running with speed; do not dodge around on a dime, but get forward as far as possible.
9. Learn to cut and when; forty yards across the field is wasted energy if you do not go forward in a paying direction.
10. When about to be tackled near the sidelines get out of bounds.
11. On defense relax.
12. Watch offensive ends and get cue from them.
13. Play conservatively, as you are responsible for passes more than running plays.
14. On supporting defense on a running play come up on the *out-side*.
15. On passes lead end down the field by starting soon enough, and

maneuver so as to keep end and passer both in vision. When the ball leaves the passer leave your end and play the ball.

16. Keep in communication with secondary, and other tertiary, and quaternary on all wide formations so as to be clear on everything.
17. Catch the ball whenever possible except on fourth down and also except when you and offensive man are both going for the ball at same time.
18. On passes short into flat zone be careful to play the passes safe.
19. When blocking ends on punt do not ever try to catch punts as you may fumble. Keep alert so ball will not hit you while bounding.
20. If short high kick comes and you have not yet committed yourself to blocking end signal for fair catch.
21. Always keep in mind tactical situation and conduct yourself accordingly.
22. Rush forward swiftly on screen passes.
23. When conservative do everything as the name implies. Don't be fooled.
24. Never relax mentally.

CHAPTER XIV

FULLBACK

The offensive fullback is the plunger. He is generally the type of man who does not reel off particularly large gains but who is generally good for the short, necessary gains. Some teams employ slow, ponderous fellows because they hit the line hard. However, I believe the smaller type of fullback with speed, who will depend more on picking the hole, dash, and nerve in getting through the line, is the better. The fullback, however, is more of a plunger than a dodger; in fact, dodging here is not necessary. However, the fullback must be very rugged and must have a knack of holding his feet. When carrying the ball he should always fall forward. The fullback should work for high knee action, powerful leg drive, and for a battering-ram effect. He must be careful not to run doubled up too much but doubled up just enough for maximum power and with his head up and eyes open looking for the hole. A small hole is better than none, since if the fullback hits it hard enough he can make it big enough to go through.

Plunging and Tackling

All the various plays which we have discussed regarding the offensive halfback also apply to the offensive fullback. Besides being a great plunger the fullback must be a terrific tackler, a great defensive player, as he is the man generally picked to back up the line. He must also learn to relax physically but never mentally. Against running plays he must go to the point of attack quickly and decisively and hit the play so hard, particularly if the ball carrier comes through alone, that the ball carrier will not relish many more meetings of this kind. He should learn to watch the heads of all the backs, and also by

watching their eyes or by getting other telltale hints, get a tip as to the kind of a play that is coming, where it is coming, and who is carrying the ball. By watching all the backs the fullback will not be fooled by split bucks or reverse plays. He must learn to run, look, and analyse at the same time. He will generally play about three or four yards back. From this position he is close enough to support any point which may be threatened with a running play, and he is far enough back so that he can cover against short forward passes. By keeping the tactical situation in mind he can generally anticipate a pass, but if he does not the warning cry from the halfback should prepare him. He generally lines up in front of the corps of backs, but it is essential that he move around all the time the signals are being called, so that no one on the offensive team, least of all the quarterback, can get any definite idea as to where they may expect to find him.

He should talk it up on defense all the time and should keep encouraging the line no matter what may have been happening. On forward pass plays the fullback should never turn his back on the passer but should maneuver so as to keep both the receiver and passer in sight until the ball is in the air, after which he plays it the same as every defensive back would, staying relaxed and going up in the air after it the same as a good basketball player would. If the defensive fullback plays back too far the lineman assigned to go through and get secondary may get him. So he must remember to go in fast and, in case he should slip up, he should remember to use his hands to ward off interference. When playing his zone the defensive fullback should be careful not to allow the man who comes into his zone to get by him. He must be sure to start soon enough so as not to be caught flat-footed, and if he does this he will lead the man down the field and not follow him.

A fullback who is a great man back of the line may make a weak line look strong. Likewise, a fullback who is a weak defensive player may make a strong line look weak at times. The defensive fullback must be a great defensive player as in my opinion he is the key man to the defense.

HINTS TO FULLBACKS.

1. Relax while signals are being called and keep on balls of feet.
2. Work all the time to correct habits which might give defensive hint as to play, direction, man carrying ball, etc.
3. Hold the ball and hold your feet.
4. Start fast and keep your head up so as not to ever fall forward on nose.
5. Look for hole and it need not be large, as you can make it large by plunging through with leg drive.
6. Behind shoulder to shoulder charge run slower and look for break in defensive line.
7. Work for high knee action and powerful straight arm.
8. Don't double forward too low when hitting line as you may run too blindly and also lack the force intelligently applied.
9. When blocking end out hold your feet, but be aggressive as possible and use every means to keep end from man carrying ball.
10. In blocking end in, leave your feet and use leg drive in side swiping.
11. In blocking secondary use running dive with roll.
12. In blocking for passer, be careful not to be fooled and keep head to outside.
13. In blocking for kicker be determined.
14. On defensive relax physically but never mentally.
15. Watch the heads of all the backs and by watching their eyes also try and get some hint.
16. Move to the point of attack fast, but by watching all the backs try not to be fooled.
17. Try to learn to run and analyze at the same time.
18. Keep in front of corps of backs and pile into heart of play as soon as you can.
19. If other line has made a hole do not wait for man to come through but pile on through hole and meet man carrying ball before he gets to line of scrimmage.
20. Meet the man carrying ball so hard that he will not look forward with any pleasure to coming back.
21. On passes, cover first backfield man through and play the ball more than the man.
22. On passes be sure to start immediately so as not to let man lead you.

23. Never turn your back to man with ball, try and keep him in sight all the time.
24. If man does get by you and is catching pass try and get your hands high into air and ball may hit your hands.
25. Against punts drop over and reinforce half who has toughest end to block. If one-half drops back to help catch, take his place.
26. Don't hesitate, go in fast and use your hands to ward off interference.

CHAPTER XV

QUARTERBACK

Size is not so important when it comes to picking a man for the quarterback position. A team using a direct pass system entirely will generally use a good-sized quarterback, provided he has all the qualifications, as this man will be quite a bit of assistance in the interference. In interfering, a big man, everything else being fairly equal, is better than a little man. A team using the indirect system, however, must use a small man as it is hard for a big man to stoop down and get the ball, and to stay down while hiding it. Assuming, however, that we are using a combination of both a direct pass and indirect pass, what are the qualifications for the ideal quarterback?

MUST BE A LEADER

First of all, he must be a leader, a fellow with personality. Second, he must be chesty, of that breed we call "cocky." Third, he must have a good voice so that when he barks out the signals, instead of the backfield going to sleep on him, they will be thrilled and inspired. The signals should be given out, almost bitten out, sharply, staccato, without slurring. If you have a quarterback who has these qualities, that is all the average coach can ask. It is probably true that many college coaches don't even get this much. If, besides the above mentioned qualities, you have a fellow with a keen intellect, resourcefulness, initiative, ability to analyse and size up the situation regardless of the excitement of the moment, resiliency of mind so that he can adapt himself to all conditions, a wonderful memory, and daring imagination, then of course you have the making of a quarterback of quarterbacks. It stands to reason, of course, that the quarterback must be able to tackle well as he is generally the

man who is back playing safety on defense. He must be a sure catcher of punts and he must develop ability to defend against forward passes. These are important. Whether he can forward pass, carry the ball, or kick, are not so important. They add to his value, but I like to save my quarterback as much as possible.

Seldom Carries Ball

A quarterback of mine very seldom calls upon himself to carry the ball. In order to have a clear mind functioning to its fullest efficiency it is necessary that the quarterback save himself from all unnecessary shocks, bumps and collisions. When receiving punts, if he sees that the offensive ends are right down on him, he must signal for a fair catch. On returning a punt, if he gets near the side lines, he must get out of bounds in order to avoid punishment. Some spectators erroneously call this cowardice. A team, as a rule, has but one quarterback, and he owes it to his school, to his coach, and to his teammates to avoid injury as much as possible. His job is to run the team on offense absolutely and he cannot do this if he has to undergo the hard, physical plays which the men in the other positions have to undergo.

Importance of Voice

Suppose we have looked over our quarterback material and we are divided between two men, one is a chap who has personality, leadership, confidence and a good voice. The second candidate has intellect, all the qualities that go with keen, active intellect, but he lacks the other qualities which the first man has. Whom should we choose? Much against our wishes we are forced to choose the chap with the personality, confidence, and voice, because whatever plays he calls the team will believe him. The fellow with the keen intellect may call the right play every time, but because of lack of voice and lack of color the team will not believe that he is right. They will not go for him. The chances are that if you try them both out you will find that the fellow with nothing but the intellect will make no mistake from the tactical point of view, but yet his team will lack

strength on offense. Against a strong defense they will not score. The quarterback, who is lacking in any great intellectual power but who has voice and personal magnetism, will drive a team across the goal line for touchdowns often. When he barks out his numbers, every man on his team digs his cleats in deeper, grits his teeth, and jams forward as though inspired. He may make tactical errors, but, if they are not grave, his team will keep going because every play will receive maximum of team and individual effort. What can we do, however, to start building up this fellow, whom, we say, we take as a green chap with very little experience, and try in one or two years to make of him, if not a tactician, at least a safe quarterback?

When Not to Forward Pass.

The first thing I teach any quarterback is when *not* to forward pass. I also tell him: "When in doubt, punt." A quarterback who understands both these things thoroughly will never get you in hot water. He will never take unnecessary chances. He is told that at the start of a game when the score is *even* and in his *own* territory he must not forward pass. He must not forward pass in the second half when he is *ahead*. He must not forward pass when near the other team's *goal line*, nor must he forward pass as long as his running attack is working *well*. He is careful not to forward pass when the defensive team seems to be alert and *looking* for it. He will not forward pass unless the man called upon to execute the pass has *all* the qualifications of a forward passer. This is sufficient to give your quarterback for the first few days or even a week. During this week you can instruct the chap to practice calling signals in his room for smoothness, rhythm, and to prevent himself from getting in a rut by calling the same numbers continually and bringing out the same plays. You can start working on him to stay fully relaxed and with perfect mental poise. Tell him to be sure that he has clear in his mind just what he intends to do, before he calls his play numbers. Let him go into the first scrimmage with just this knowledge and then correct him quietly and on the side as he makes mistakes. Never "bawl" out your quarterback in

front of the team. This is a serious mistake. The team must believe in the quarterback and too much bawling out by the coach may destroy this confidence.

Boss of the Situation

Probably the first thing that will happen as the quarterback starts out in his first scrimmage is that after several plays one of the other backs, or some lineman, will come back and start suggesting plays to the quarterback. The first time this occurs the quarterback should tell the halfback and the linemen to go right back to their posts and to take care of their own jobs. He must be boss there and then, or never. If he has used a play or two, or a back or two, that have been successful he must make himself remember what plays have been working and what plays have not been working; what backs have been gaining and what backs have not been gaining. The chances are that in this scrimmage he may have waited to kick until the fourth down, and then found himself right close to the side lines. If he now cautions his kicker to kick toward the center of the field or right down the field, well and good. If, however, he says nothing, but allows the kicker to kick without warning, and the ball goes to one side and out of bounds before having gone over five or ten yards, still not bad. I think he will have learned a valuable lesson and will never repeat the mistake. He must try to maneuver so as not to get near the side lines on the kicking down.

Profiting by Mistakes

If, in this scrimmage, he has tried to advance the ball on his own ten yard line, fumbled, and the wind was behind him, and he had a good kicker, it is still all right. I think making a mistake of this sort will impress upon him more deeply the fact that in his own danger zone he must kick on first down, than if he is merely told. He may also have used his kicker to carry the ball on the play just previous to the one where this chap is called upon to kick, and the kicker being tired and groggy may have gotten off a poor kick. A slipup of this sort will impress on our

quarterback the necessity of saving the kicker on at least one play previous to the punt. He may also have allowed himself to get into the "bad lands" because of poor judgment in calling plays, and a little constructive suggestion here as to keeping his team in the middle of the field, may prove helpful. If now the quarterback has been told, and has used, towards the end of the scrimmage and in the offensive territory, his best plays on first down so that the team gains good yardage, making it possible to gain the remaining yards by using other plays, then this scrimmage will have been a success from the point of view of the coach. This will be enough for several days, as you must not give the quarterback too much information at once, or he will get mental indigestion. There have been various things, however, about the scrimmage that has made the coach feel good; the quarterback has not been throwing the ball all over the field, and taking a lot of unnecessary chances. Such unnecessary gambling in the games to come, is what makes the coaches grow old while still young in years, grow gray while they are still in their twenties.

Taking Chances

A couple of days later the chances are that this quarterback, because he is a leader, may want to know why, in the coming scrimmage he cannot forward pass more, or take more chances. Every live, red-blooded boy likes to play the game for all it is worth. You can then show him this point. Tell him that if he has everything to gain and nothing to lose then he can afford to gamble. In other words, if he is way behind in the second half, or if he is one touchdown behind and the time is short, he might as well start using the forward pass and trick plays. If they work, well and good; they may save the game; and if they don't work, there is nothing lost. It is the same as if the quarterback himself had one dollar and he met a chap with a thousand dollars. Certainly the quarterback would be wise if he had suggested a gambling game, for he has everything to gain and nothing to lose. *But* if he has everything to lose and nothing to gain, then he is foolish to gamble. He must play it

safe. He must not forward pass as every time the ball is thrown into the air it gives the defensive men a chance to intercept it Or going back to the other far-fetched comparison, if the quarterback has a thousand dollars in his pocket, and he meets another chap who has only a dollar, he would be exceedingly foolish to gamble. I think it will come to the quarterback now why we have gone to such pains to show him when *not* to forward pass. After his second scrimmage you might sit down with your quarterback and show him what, against a normal defense, are his strongest plays, and you might also suggest to him that he should save the fullback for his necessary, short gains when a yard or two must be gotten.

Playing For the Breaks.

The first time you have a wet, muddy day, scrimmage your team, and show the quarterback the necessity of doing a lot of punting, and letting the other team carry the ball, and do the fumbling. He will then realize, also, more fully, what is meant by playing for the breaks on a wet, muddy field.

Practice Games

We are now getting up to our first game of the season which, we will say, is an easy practice game. The only worry is that the other team will not furnish sufficient practice. Tell your quarterback to kick in danger zone on first down, and kick in kicking zone on third down, because he will have to do this when he gets up against a team as good as ours. Instruct him, in the game, to look for the other team's strong points, because in an easy game like this it is not wise to play the weak points. Tell your quarterback that the idea in the first game is not to run up a big score and give the whole team an exaggerated idea of their ability, but to get some practice. The chances are that even in an easy game of this sort the quarterback will make mistakes. It is much better that he make mistakes, than be accidentally correct. For instance, he may have his kick blocked because he called for a punt and one of the linemen was not ready. The chances are this will not happen again.

The chances are he may have caught a punt on his own five yard line, and being tackled, could not return it. He will then realize that he should have let it roll across for a touchback. He may even have intercepted a forward pass on fourth down, though there is not much excuse for a mistake like this, but the chances are that a man as green as he is may forget to slap down a forward pass on fourth down. He may also notice that he gets just a little excited at times and does not do everything as he should. The chances are that when this is called to his attention, it will be corrected by the next scrimmage.

Against a Strong Defense.

As our next game is with a team that is very strong on defense but not very much on offense, it might be well to sit down with the quarterback once or twice this next week and go over again his strong plays against a normal defense, and then show him how, when the defense shifts to meet these strong plays, they make themselves vulnerable to check plays, delayed bucks, reverse, and other weak side plays. If we have won the first game mentioned and the quarterback received a certain amount of practice in this work, all is well. You may now go ahead and tell the quarterback that if he tries his strong play and it fails, that he might call exactly the same play, back over exactly the same spot. Show him where this is good strategy. Show him where in the last game the other team had a dizzy lineman, and he did not send the play right back at him before he had a chance to recover. Show him how he erred in not throwing a forward pass into the zone of a limping defensive halfback. Show him how it would have been good strategy, when the defensive team sent in a new sub-lineman, to have shot the first play directly at him. Show him how he made a mistake in throwing too many forward passes in the first half, as this gave the defensive coach between halves a chance to make corrections in the defense. Show him that the best way to play against a successful tackle such as the other team had was to put an extra man on him. Of course, a great many things come along that he might indirectly suggest to the quarterback.

Developing Confidence

When he mentions points a second time make him believe that they were his ideas. He will develop a lot of confidence in his own ability to think for himself and be better able to adapt himself to varying situations. In fact, many of the foregoing points which I have mentioned, instead of being given directly to the quarterback, may be given to him by this indirect method. In fact, as the quarterback comes and tells you that on a certain kind of play one halfback is good and the other back is good on another play, slap him on the back, tell him he is very observing, and that he should make it a point to find out the strengths and weaknesses of his backs on all the plays. He might then also come over and tell you who in his opinion are the strongest offensive linemen and who are the weak offensive linemen. You keep encouraging him along this line and he will develop a power of observation and also develop the range of activities of his mind. He may also come back to you and discover that using a reverse play or a wide end run is a good thing now and then, not because they will gain much ground, but because they will make his other plays stronger. When you have a quarterback thinking along these lines then you have nothing more to worry about. All you will have to do, now and then, is to suggest to him the necessity of getting way down low on hidden ball plays, and the necessity, in the latter part of the game, of looking more for spaces. As men get tired, as they will, in the latter part of the game, they get careless.

Weighing Values

Your quarterback has now come to know values and how to use them. He will learn that the best play to get out of his territory in case he has no kicker of any merit is to throw a long forward pass or to use a trick play. He will begin to give the defensive team what they are not looking for, in other words, contrasts. If he can get them on the run, he can keep them on the run. He will get to learn when to use a trick play. He will learn to sense the psychological moment to take a chance. In

other words, his mind is now at a razor edge that will run a football team to the utmost and to the fullest efficiency. Of course, this kind of quarterback is rare, but he can be made, if the man has ordinary intelligence.

There is only one thing to say about the quarterback on defense and that is to tell him to be alert, alive, and to play it safe.

Judgment.

Just before the second game tell him to go out and use his own judgment. He will have to look for a weak spot in the opponent's defense. When this is found he must not use it too much but must nurse it along and use it only when it means the most. I also advise him that if he finds the opponent's defense on this day exceedingly sturdy, to play a kicking game and play for breaks. The game is on! The quarterback remembers his instructions and keeps trying a play or two and then kicks. Sometimes he will gain a little and sometimes he won't. But he keeps experimenting and finally he finds the weak spot in the opponent's line. He does not rush in and keep going through this weak spot, or the other coach will substitute long before he reaches the goal line. Instead, he keeps on with his kicking game until finally his team gets a break around the opponent's thirty yard line. The quarterback now uses the weak spot on first down, which keeps netting him five or six yards, as then he has three downs to make the remaining three or four yards by use of other plays. He gets down close to the goal line and he finds himself stumped. His first two plays are stopped dead, and on third down he throws a forward pass which goes over the goal line, incomplete for a touchback. The other team can do nothing, and on fourth down they try a kick which is blocked and it is again our ball, this time on their fifteen yard line. Again the quarterback uses the same weak spot and makes a first down, but as he gets to the four yard line he finds that the defensive team has again tightened up considerably, and the backs are close to the scrimmage line. The quarterback begins to look worried and shows it to the whole team that he is worried. They try one

more play and it gains a yard or so. He stalls around wondering what he is going to use, when "bang," the gun goes off at the end of the half.

Between the Halves

Between the halves take him to one side where no one can overhear and show him that he has been going real well, because you must not impair his confidence. However, you must now impress upon him the fact that he must save two or three plays for the scoring zone, plays which are used only to score when near the goal line. Tell him that these plays, which you name for him, were the plays that he should have used when he found his regular running attack stopped. Then, also, impress upon him the fact that he must forward pass, if at all near the opponent's goal line, only on fourth down. Then, also, tell him about the urgency of running a team fast when they are getting close to scoring, and that he must keep in touch with "time left to play." It stands to reason, of course, that the quarterback will have the alibi that he did not realize that the time was so short. Tell him that there is no excuse because a quarterback must know exactly how much time is left to play under conditions which have just happened. Also tell him that if he should be worried, under no condition shall he show it to his teammates. He must always have a calm, confident appearance so that the men will believe in him.

The chances are that in the second half your quarterback will do 100% better. If the team scores once or twice because of this improvement, the game from the coach's point of view has been a distinct success.

Sequence of Plays

The third game will be only a fairly good practice game. So the following week you will spend a little time with the quarterback on the sequence of plays. Show him how the use of one play makes another play strong, and how the various strengths of the plays depend on their being used in logical sequence, depending, of course, upon the tactical situation and

the way the defensive players are placed on defense. The third game, the practice game, doesn't offer anything particular, except that the other team has a great man returning punts. Instruct your quarterback before this game that he must keep telling the punter to kick them out of bounds against this flashy returner.

The mistakes he may have made in this game may have been calling down his backs when things were not going right, and misusing the backs as regards their strength and weaknesses on certain plays. He may have also tried line bucks when the defensive line was tight, and he may have tried to go around the tackle when the defensive line was spread. It may be well to spend a little time after the game to show the quarterback that he must always encourage backs. That when the other team presents a tight defensive line the thing to do is to go wide, and if the defensive team presents a spread line, the thing to do is to go through it.

Ready For Big Games

We are now already for the first big game of the year. You must be careful now against not giving the quarterback too much dope. The other team being our equal, you have to take advantage of the few weak points they have, so as to be sure that we get full value for our efforts in the game. We will say that the other team has a weakness in that their punt receiver is a fumbler. You, therefore, tell the quarterback to be sure to tell his punter to kick high and right at the receiver.

I now tell my quarterback to use punt formations when in his own territory and to save close formations for offensive territory. I tell him to play fast with the wind, and if he gets behind, tell him to play slow against the wind, and when he gets ahead, I show him that when stopped in offensive territory he should think of the drop kick and place kick, though he must keep in mind the tactical situation, and the fact that it takes three goals from the field to beat a touchdown. I might also tell him that if he gets worried about the defense during the game to make it a point to see who is breaking up the plays. If this

man is coming from some other position, this will, of course, suggest to the quarterback plays which will fool this man And the last thing I tell him before he goes into the game is that if he gets behind he should take a chance, and if he gets ahead he should play safe.

The chances are that, if the quarterback has imbibed most of what has been given to him so far, he will give a fairly good performance. He may not take advantage of all opportunities presented, but he will at least not get you into a great deal of trouble. It may be that in this game the halfbacks were up very close on first down, and it may have been that the defensive center was pulling out with abandon on first down, but was staying in tight on later downs, when there was only small yardage to gain. If this happens in the first half, you might tell your quarterback between halves to cross the defensive team. First, he must use delayed deception, and go smashing back over center on first down. This will have the effect of keeping the defensive center in from now on, on first down. If the team still cannot go on first down, he will now throw a forward pass, the next time he has a first down, over the head of either of the halfbacks, and the chances are that it will prove very successful from the yardage point of view. Also from the point of view of demoralizing the morale of the defensive team.

HINTS FOR QUARTERBACK

1. Be daring in your imagination.
2. Have confidence; believe in yourself, be chesty.
3. Bark out your signals loud, staccato, good voice.
4. Know when *not* to forward pass.
5. When in doubt, punt.
6. Be boss on offense; you run the team.
7. Observe all the time, see all.
8. Don't kick when too near the side lines.
9. Don't catch punts which would roll for a touchback.
10. Don't use kicker to carry the ball on the play previous to the punt.
11. Kick in danger zone on first down, except for special reasons.
12. In kicking territory, kick at least on third down.

13. Rehearse calling signals.
14. Tell kicker to kick high to fumbler, and out of bounds to "flash."
15. Against a weak team play their strongest points and get some practice.
16. Play opponent's weak spot, when you have discovered it, just enough to keep going, but nurse it for a time when it will count the most.
17. Forward pass on opponent's goal line, if at all, only on fourth down.
18. Have a preconceived attack planned for scoring zone, but do not change attack which has been going until it is stopped.
19. Against strong defensive team kick often and play for breaks.
20. On a wet muddy field, let opponents carry the ball and do the fumbling.
21. Always be sure everyone is ready before calling play.
22. If worried, don't show it to your teammates.
23. Never call down backs; always encourage them.
24. Fair catch on short high kick when opponents are covering you well.
25. Maneuver so as to keep in the middle of the field.
26. Have halfback, when near the side line, either cut in or get out of bounds.
27. Remember your strong plays, and also what makes your check play strong.
28. Save fullback for necessary short gains.
29. Remember your successful plays and use again and again; their use will make your other plays strong later.
30. Remember sequence of your plays.
31. Call plays from the way defense players are placed, as well as from the tactical situation.
32. Watch who breaks up plays, and it may suggest plays to fool them.
33. Put an extra man against an unusually good defensive player.
34. Use punt formation in own territory and save your close formations for offensive territory.
35. In offensive territory use your best play for first down so, if you make five yards, you can make the remaining five yards by using straight plays for the remaining three downs.
36. When stopped in offensive zone think of place or drop kick.
37. Don't give up the ball on fourth down, except in scoring zone.
38. Stall against the wind; hustle play with the wind.
39. Stall when you are ahead; hustle play when you are behind.

40. Throw pass at limping back; shoot a play at a dizzy lineman.
41. When a new substitute comes in, shoot the first play at him.
42. Save your best forward pass plays for the second half.
43. In kicking zone, try for a long gain.
44. When defensive line tightens up, use flank plays.
45. When defensive line is spread, go through.
46. Study your backs and know their strength and weakness on all plays.
47. Remember who your strong offensive linemen are.
48. Remember what has been working and what has not been working.
49. When outclassed in punting, kick only when you have to.
50. Against a powerful offensive team hold the ball.
51. Learn to relax, stay cool, and retain your mental poise regardless of the excitement.
52. When ahead; play safe, when behind take a chance.
53. Disregard tactical situation whenever the defensive team presents a glaring weakness. An unorthodox defense is an opportunity; don't pass it up.
54. Don't try to pick up punted ball which is rolling wickedly.
55. Watch for a good chance to use your trick plays if you have to.
56. In latter part of game watch for spaces; men get tired and careless, take advantage of them.
57. Give the defensive team what they are apparently not looking for.
58. Always stay low on hidden ball plays.
59. When back playing safety on defense, play *safe*.
60. Be alert and let nothing escape your attention.
61. Protect your zone against passes; in other words, cover the long man or else help double up on an extra good receiver.
62. Be confident of your ability to tackle in the open, though, if you can, try to maneuver any man who comes through to the side lines so as to give him but one direction to go.
63. Keep your mind active at all times, and when back playing safety run over in your mind some of the things which have been transpiring when you have had the ball.

SOME HINTS IN VALUES FOR OFFENSIVE QUARTERBACK

Line Plunge
- 2 yds.—3 out of 4.
- no gain—1 out of 4.

Slant Plays
- 3 yds.—3 out of 4.
- no gain—1 out of 4.

Flank Play
- 4 yds.—2 out of 4.
- no gain—1 out of 4.
- lose 2 yds.—1 out of 4.

Forward Pass

Long
- Complete 4 out of 8.
- Incomplete 3 out of 8.
- Intercepted 2 out of 8.

Short
- Complete 6 out of 8.
- Incomplete 1 out of 8.
- Intercepted 1 out of 8.

Punt (Should average 40 yds.)

These distances I have chosen above are purely arbitrary and they have been arrived at after an analysis of about thirty games against teams somewhat our equal. A few have been better, but the main thing I want to point out is that these are the results of averages against stern, intense resistance in every part of the field except inside the ten-yard line. Inside of the ten-yard line, of course, the quarterback is bound to realize that the resistance is going to be much more stubborn and that is the reason I like to refer to it as the zone of intense resistance. Here it is absolutely essential that the quarterback use several plays that have been held back in reserve and are primarily scoring plays. For instance, if a team has not as yet used a wide end run against a team that has its defense pulled in tight, this wide end run might be just the thing.

Also against a team which has its secondary and tertiary pulled up tight they should be a mark for a short tricky flip forward pass.

Against a team which is over-committing themselves a split-buck or delayed plunge would be the thing.

In the zone of intense resistance get away from straight power plays into the line. You must use all types of plays in the regular offense, placed in their proper value, if they are to retain their percentage strength. A team which has been using plunges and slants straight up the field may suddenly find these stopped due to the fact that the defensive line has closed up. This situation, of course, is ripe for a flank play.

A team which has been using off-tackle plays and end runs straight down the field is liable to find these plays suddenly stopped because the defensive line has suddenly spread out. Line plunges and slants will have to be used if the flank plays are to regain their normal value.

SOME VALUES OF OPPONENTS ARBITRARILY ARRIVED AT FROM SCOUTING NOTES AND OTHER ADVANCE INFORMATION

	Factors of Opponents	Team Strong in All Departments 1.	Team with Strong Line, Weak Backfield, Good Punter and Weak Passer 2.	Team with Weak Line, Strong Backfield, Good Punter and Fine Forward Passer 3.	Team with Strong Line, Strong Backfield, Weak Punter and Weak Passer 4.	Wet Day 5.
	Defensive Factor					
	Stronge Defensive Line..	65%	75%	60%	80%	80%
	Secondary Defense	35%	25%	40%	20%	20%
Our	*Offensive Factor*					
Team	Good Kicker	25%	25%	20%	50%	40%
	Line Smashing Back....	15%	5%	25%	10%	20%
	Fast Running Back.....	20%	20%	25%	10%	5%
	Forward Passer	15%	30%	5%	5%	5%
	Strong Charging Line...	25%	20%	25%	25%	30%

Defense

In the first percentage column our opponents are strong in all departments. In that case I would say that taking the defensive factor as 100% as a whole that the value of the strong defensive line is 65% and the secondary defense is 35%. These values can, of course, be debated. They merely represent the percentage which I have arrived at. Any coach may change these as his judgment dictates.

In column number two our opponents instead of being strong in all departments have a strong line and a good punter but a weak backfield and a weak passer. That is bound to change our values defensively. The defensive line becomes 10% more important and the secondary defense 10% less important, at least.

In column number three our opponent has a strong backfield, a good punter and a fine forward passer, however, they have a weak line. Defensively this puts much more burden on the secondary defense which now assumes 40% of the burden while the line assumes only 60% of the burden.

In column number four our opponents have a strong line and a strong backfield but in the two specialties, punting and forward passing, they are weak. With the punting and forward passing weak, that, of course, increases the importance of the defensive line up to 80%, leaving the secondary responsible for only 20%.

These same percentages would hold good on a wet day as the opponents could not forward pass and our defense would consist very largely in stopping running plays and plunges, principally the latter.

Offense

In taking up the offensive factor as 100% I would say that the percentage of importance of a good kicker against an opponent strong in all departments could fairly well be put at 25%. I would list a line smashing back at 15%; a fast running back at 20%; forward passer at 15% and the strong charging line at 25%. These values can also be debated but they merely represent my own judgment which, of course, may be wrong.

However, if we take these values as the standard offensively when we change, in column number two, to a team which has a strong line and a good punter but which has a weak backfield and a weak passer, the only values which are changed are: The line smashing back, against this strong line, becomes 10% less important, whereas, the forward passer against this weak backfield becomes 15% more important. As our line smashing back will be used very little our strong charging line becomes 5% less important. The fast running back retains the same percentage, 20%, as along with our forward passing attack our object will be to get our fast running back loose in the open so he can run wild against the weak backfield. The importance of a good kicker remains the same.

In column number three our opponents have a strong backfield, a good punter and a fine forward passer but have a weak line. We immediately pick on this weak line with a line smashing back, fast running back and a strong charging line, all of these having an equal value of 25%. We ought to run this kind of a team ragged with our regular running attack and, therefore, our kicker will not be used very much on that day and our forward passer hardly at all.

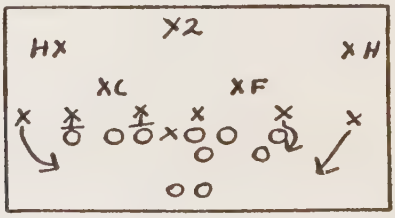
Column number four shows our opponent on that Saturday being a team with a strong line, strong backfield, weak punter and weak passer. The thing that stands out, of course, is a weak punter, a strong line and a strong backfield. The axiom of playing an opponent's weaknesses holds good here and so we play a kicking game and therefore the value of our kicker on the Saturday we play this team rises to 50%. As we must have strong line to protect his kicks the value of the offensive line remains the same, 25%, but our other values are correspondingly decreased.

In column five are the percentages for a wet sloppy day. On such a day a team is more or less confined to two methods of attack, the kicking game and line plunges. Therefore, the value of a good kicker, of a line smashing back and a strong charging line are at a maximum. A fast running back and a forward passer are of little value on a real wet sloppy day.

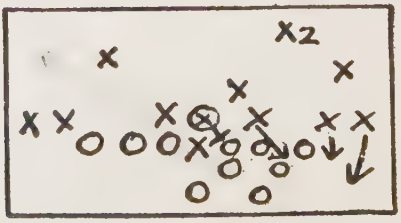
This list of values and percentages may seem like a very complicated way of arriving at some simple conclusion. However, I have found it of inestimable value to my quarterbacks when I am preparing a plan of campaign against an opposing team. These values, of course, are bound to vary, depending on the personnel of the opposing team and depending on whether the opposing backfield is strong offensively or defensively. However, if you make your quarterback dig out the facts, make it as difficult as you can before he arrives at his conclusions, the fact that he has done a lot of sweating mentally will inscribe the facts indelibly on his mind. However, the coach must be careful not to have much to do with the situation except to present the facts. Let the quarterback do his own digging and thinking and you will be surprised at the happy results.

WRITTEN EXAMINATIONS FOR QUARTERBACKS

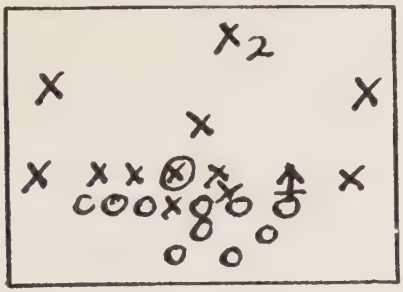
1. What play would you use against a team using this defense all over the field?



2. Suppose a team has been using the following defense and plays to the weak side have been used effectively.

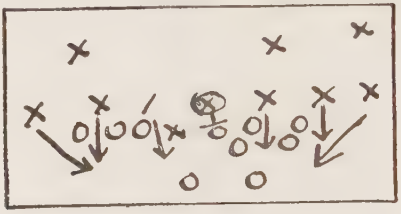


What play can we use now when the team uses this defense, score 0 to 0, personnel normal?



3. Suppose you find the defensive center has been making a lot of tackles on off-tackle plays. What play does this suggest to you?
4. Suppose the defensive fullback has been making the tackles on line plunges and stopping our line plunges dead. What two plays might this suggest to you?
5. Defensive tackle has been death on off-tackle plays and end runs. What is a good first down play against this kind of a tackle?
6. You have just tried to stop a fast rolling punt, it hits your hands and rolls against the goal line. What might you do?
7. We are playing against a team with no defense but with a wonderful offense, score 0 to 0, fourth down, two to go, mid-field early in the second quarter. What play might you think of?
8. Score 3 to 0 against us, ball on the two-yard line close to the side line, in fact, we are within three yards of the side line, fourth down, two to go. The following plays have just failed, plunge over center, wide end run and quarterback sneak. What play would you use?
9. Defensive team has stopped all our end runs because of wide tackles and guards and our line plunges have not been working. Their forward pass defense has also been very alert and they have intercepted most of the passes we have tried. What might be our plan of campaign against this team?

10. We have first down on the opponent's three-yard line right in the center of the field. What sequence of plays would you use against this defense?



11. What is the chief value of a trick play? When should it be used?
12. Diagram in detail play where strong side end smashes against spinner play.
13. You have just dropped a punt. What has this been due to?
14. Suppose you are very much worried and up in the air mentally, things haven't been working well. How will you act?
15. Smart end is just telling you what plays to use. How can you best utilize such an expert?
16. What should the offensive guards be able to tip you off about?
17. Offensive tackles?
18. Offensive ends?
19. Offensive halfbacks?
20. Take the offense and sort into groups as regards sequence.

CHAPTER XVI

MENTAL ASPECTS

The facts of perception, attention, action, instinct, emotion, habit, association, thought memory and will power all have their place in a treatise on psychology. However I do not claim to know anything about psychology, and anyone interested in the relation of these things to athletics from a purely academic point of view will have to get it from some textbook and make his own deductions. My observations are purely the result of practical experience and whatever observations I have to make on the boy and his emotions, hopes, resolves, fears, memory, will power, and spirit, come entirely from a layman's point of view. Also the psychological limitations and possibilities of the game I will note purely from the point of view of a practical coach making no attempt to be academic.

Futile Psychology

I have met coaches who have gone to extremes on psychology. I remember particularly a track coach in one of our mid-western schools with whom I became intimately acquainted. This fellow trained his runners by sprinting them against dogs; his theory was that a runner would run faster because he was in competition with a faster animal. He tied his long distance men by means of a rope to a Ford car, and they broke world's records. He painted the lower half of the vaulting standards dark and the upper half light so that the bar didn't appear so high, and therefor presumed the vaulter would vault a great deal higher, not knowing how high he was going. Figuring along the same line, he stated that hurdling was a matter of rhythm, and so he trained his hurdlers to the tune of a Victrola record. He used for a record a waltz, "The Nights of Gladness" which seemed to

tune in very nicely with his hurdlers. It gave a sort of a little lift at just the right time to help the hurdler over the hurdles. As the season progressed and he wanted the hurdlers to hurdle faster, he merely tuned up the Victrola to a higher speed. He took his psychology very seriously, but the sad part of the thing was that when the big track meet of the year came along, this team didn't score any points. I mention this story just to show that psychology can be carried to ridiculous extremes.

Consider the Individual

However, I do believe that every boy has to be considered as an individual. The sensitive high-strung boy cannot endure many sarcastic remarks, nor can you ever call him down in front of the team. If you do this you hurt his feelings to the extent where he may never again play the same kind of football for you. The dull, phlegmatic fellow may respond to sarcasm and tongue-lashing in great shape, and I always have one man on the squad to whom I give nothing but abuse. He thrives on it and cannot play well without it. You can also get points on how to handle the individual from his nationality and his race. I believe that a coach on the field should be a very strict disciplinarian, and a man with a lot of pep and enthusiasm, and who puts a lot of hard work into his activities. Football is a game of emotions, and it is sometimes necessary to make a lot of noise in order to keep up the emotional activity—and men will work twice as hard under the stress of emotion as they would otherwise.

Stressing the Big Things

A coach must study pedagogy and be able to give out facts in such a simple and clear way that the men can assimilate them. Put your information across slowly, and repeat over and over again. Take a difficult point and study how to make it so simple that it will become palatable mentally even to the dullard. You must be able to weigh values to a nicety. Know what to stress and pay particular attention to it. Know what to gloss over lightly. This is what distinguishes a good coach from a poor one. Some coaches are always stressing the

unimportant things, and passing by the big things. Keep everything simple, and particularly stress the fundamentals. Do not give much credit to the star who carries the ball, but give the credit to the men who knock out of the way the potential tacklers. Develop a tradition of blocking and tackling at your school.

I do not believe in abusing a team or using any means that a gentleman would object to. I believe a coach who uses profanity at all, loses the respect of his men.

Cultivate Cheerfulness.

As you work along with your team during the fall, you must cultivate a cheerfulness of mind in all of them. A good trainer with a fund of witty stories is invaluable. Confidence is another thing that you are always trying to instill into the men, although this must not be carried to extremes. In the first half of the season it is very difficult to build up confidence, but a team which has it is very difficult to defeat. The team must not be allowed to worry much about the games, but should take them more in the spirit of play. Every man on the squad must have the point of view that he has a fair and equal chance to make the team, regardless of fraternity, or any other politics. Do everything to allay their fears along any line, and to increase their hopes. Some coaches try to scare their teams every game, and scare them Saturday after Saturday. I think this is a serious mistake, because after a while the team refuses to scare, and a decided opposite reaction will set in. As you go along with your practice you must keep stimulating the team to the idea that the thing which wins football games, is the "will to win." Show them that the difference between defeat and victory in many cases is merely that one team has more will power, more determination, and that the margin of difference is, in many cases, just a matter of inches.

Traditions Help

The history or traditions of the school are a great thing to recite to your team, and to keep before them. Exaggerate these

as much as you can, and set a somewhat exaggerated standard to emulate. A school without traditions will find it very hard to build up a successful football team, as tradition is a powerful factor. Putting up in a dressing room one or two appropriate signs, such as "Notre Dame Fights," or "Nothing Else Counts But Guts," are helpful factors in bringing a team around to a mental attitude where they will do their best because they know that it is expected of them. Be absolutely square with your men, and never call one down unless he has it coming to him. Never call a man down for a mechanical error; but you must keep insisting on fight, alertness of mind, and that the men must be enthusiastic, trying to do their best at all times.

The time to key up a team is the week previous to the big game. By keying up a team I do not mean any emotional frenzy, but just merely a grim realization of the immensity of the task ahead. Bring them along quietly and gradually by telling them just what they are up against. I never underrate an opponent, but I am a little inclined to overrate them. A team which goes into the game underrating their opponents is an easy team to beat. In fact, I can imagine nothing worse than an over-confident team. Talk to the men individually during the week.

The "Gloom Complex"

On the day of the big game keep all relatives, alumni, and well-wishers away from the team. They can do incalculable harm. The only exception to this might be one or two pet alumni who have the "gloom complex," and are therefore helpful as they will have a tendency to impress the men with the seriousness of the opposition. As you make your talk to the men immediately before the game, do not make the mistake of throwing a barrage of frenzied oratory. Keep all alumni, particularly the weeping, criminal lawyer, from making any remarks. Instead, just seriously and earnestly impress upon the men that this is a fighting game that they are about to play, but tell them that you have confidence in them as a fighting team, and as a team that never quits. "The old guard may die, but it never surrenders."

Rehearse rapidly two or three important features about their offense and defense, and then with a final word on what winning the game means to them, send them out. The coach himself must not be nervous, irascible, and easy to shoot sky-high, but instead should have an air of coolness and confidence. This will also make the team cool and confident, but grimly determined. There must be absolutely no laughing or joking, but instead a solemn air of seriousness. If you are afraid that a team is over-confident, you might try to impress upon them that their opponents are going to go through them here, there, and everywhere. Impress upon them that losing this game might ruin the whole season, and appeal to their pride. However, over-confidence, once it sets in, is a hard thing to counteract.

Rest Between Halves

Between the halves allow the men to rest and relax for eight minutes. After they have rested, then talk to them the last five minutes. Make constructive suggestions here and there, and work as hard as you can to keep up the morale. The whole thing is to get your team to realize exactly the situation. Tell them they must have more grit, and more pluck, and greater determination, or they will be beaten.

Coach Must Be Cool

The coach during the game must be cool and collected, whereas during the constructive period of the season, when most of the coaching is done, the coach must be burning up, so to speak. He must be all enthusiasm, and fired with activity and pep. However, he must be just the opposite of this when the game is in progress. A team must have absolute confidence in his judgment, and they cannot do this if the coach throws any apoplectic fits, or raves up and down the side lines about his players and the officials.

Real Sportsmanship

The team will in a large measure reflect the spirit of the coach. If the coach is a man who insists on hard play, but clean

play, the team will do likewise. I do not believe in any Alphonse and Gaston football, and I mean by this any rot about giving the other team all the best of it. I believe in telling the team to go out and get all they can fairly, and squarely, and to live up to the letter and spirit of the rules; to live up to the spirit of sportsmanship, to be gentlemen, and to try to win like gentlemen; and if they must lose, to lose like gentlemen. If the other team wins, give them credit for that day, but also tell your team that there will be another game another year.

The Exaggerated Ego

The hard man to handle is the man who gets a case of swellhead at some stage of the season through publicity, either earned, or unearned. This is a very common symptom, and almost every normal boy is subject to it at some time or others. However, most normal boys get over it quickly. As regards the fellow who does not get over it, the best weapon to use on him is ridicule, or to appeal to his sense of humor. Every case of swellheadedness I have ever seen has always responded to one or the other treatment, ridicule or humor.

Student Body Support

In order for a school to have a successful athletic team the student body must be solidly behind their team. Some writers have the opinion that a team plays for a coach, for the school, for the crowd, or for the alumni. My point of view is that it plays more for the student body than for any other one reason. Clean, wholesome rooting by a united student body, enthusiastic and whole-heartedly supporting their team, is a greater factor than the average observer may recognize. The student body must be taught that this is a team reflecting their spirit and expressing the thoughts, wishes, morale, hopes and fears, of the entire student body.

Football All Right

There have been objections from some academic men that football is all wrong. They say that twenty-two men playing a

game of football do not help the character or the muscles of the thousands of students gathering to watch them play. However, I have noticed that in those schools where they have successful athletics that the entire student body takes more exercise, that a larger percentage go in for the minor sports, than in those schools where they have unsuccessful athletics. A man develops his mind, and the control of it, and discipline of it, in his academic work, but the athletic field is the big laboratory of experimentation where the young man learns to discipline himself, and experiments with himself against other men, mentally, emotionally and physically. He learns lessons that cannot be taught in the classroom. I have never seen a football coach in recent years who did not insist upon academic work first, and always insisted that the academic work was the most important. There is no narrowness in our profession. There are, however, a few men in the academic world who, because of narrowness of vision, or because of irritability at their inefficiency in their own work, take time to knock athletics. They are wasting their time, however, as most thinking people realize that athletics is an integral part of the curriculum at any school, which believes in graduating *men.*

PSYCHOLOGICAL EXAMINATIONS AFTER SPRING PRACTICE

1. Who, in your opinion, was the most valuable player on the squad this Spring?
2. Who was the most valuable player trying out for your particular position?
3. What are your weak points in playing your position?
4. Do you think these weaknesses are due to lack of coaching, lack of ability, or lack of observant study of yourself?
5. Give in order of importance the qualities offensively of a man playing your particular position.
6. Give in order of importance the qualities defensively of a man playing your particular position.
7. Draw a strategy map.
8. We have fourth down, 9 to go. We kick and the ball is blocked by defensive guard, rolls back five yards and is recovered by our kicker. Whose ball and where, down, and yards to gain?
9. What constructive criticism have you got to make of our Spring practice this Spring?
10. What can you do this summer to prepare yourself for next Fall?
11. What is a free kick?
12. When is a man off-side as regards recovering a loose ball?
13. Every kicked ball which rolls across the goal line without having been touched and which does not score points is automatically a touchdown, except?
14. Why will you stop in a game when you hear a horn blow?
15. What should be the tactics on a wet, rainy day?
16. If the other team is successful with a trick play, who is responsible?
17. Is it possible to relax either physically or mentally on defense?
18. Next to your position, which is the most important position on the team?
19. Which is worse, swell head or cowardice?
20. Are we going to have a good team in the Fall and why?

CHAPTER XVII

SCOUTING

Scouting, whereas it is today done honorably and only at public exhibitions or games, is still looked upon by some of the public as being unfair; something which should be eliminated. This is probably due to the fact that the word "scout" is not the best word to use. Back twenty-five years ago, we used to read stories where coach "so and so" would fire a certain carpenter working in the field. He would suspect this man of being a scout for some rival school. I doubt very much if there was any truth in these reports in the old days. Certainly there is nothing of this sort being done today. However, for various reasons, we do send scouts out to look over the team which we are going to play later in the season. The first reason is to get a general idea of the style of play of our opponents, and to get some insight into their strength and weakness. We also pick up some new wrinkles in football which the other coach may be using successfully, and adopt them ourselves. These scouts, therefore, tend to dispel a lot of wild rumors which are brought back by alumni, or traveling salesmen, regarding the other team. Scouting also tends towards standardizing the game of football, as a team doing a lot of scouting will pick up the strong points of its opponents, and will at the same time eliminate some of their own methods which they find are inferior. The standard of play is therefore raised throughout the country by scouting.

Scouting is Regular.

When visiting scouts come to Notre Dame, after having previously sent a wire asking for a seat in the press stand, they drop over to the office and get their seats. They chat a while sociably, and may even come back after the game, and

stay over for dinner with the home coach. Our scouts do the same thing when they go away. The whole thing is absolutely regular, and is open and above board in every way. Most scouts prefer seats in the press stands as these are generally the highest seats, and give the scouts a sort of panoramic view of all the twenty-two men. A seat down low on the bench would be useless, as he would see only a few of the players, while the rest of them would be hid behind those in front.

Must Know Football

A football scout must be a good student of football, and must understand the game thoroughly. He must be a man who has power of concentration and fine powers of observation. These powers of observation and concentration can of course be developed by experience and practice. He must be a man who can content himself in the game with watching those particular things which he has his mind trained to look for, and he must not pay any attention to the ball, ball carrier, or the game itself, except incidentally. The scout must be a man of mature judgment so as to be able to be fairly accurate in his comparisons. If a man is scouting alone I would not use a pair of field glasses at all, but if there were two or three men working together it would be well for one of them to have a pair of field glasses to focus on a particular part of a play, or particular mannerisms, or stance, or execution of detail by some one player. Scouting is hard work, and no man makes a good scout unless he takes his work seriously, and takes pride in it. Scouting a team just once does not, as a rule, give the best results. A team must be scouted several times. It is, as a rule, easy to get the offense of a team when this team has a fairly easy game. Defensive points are brought out more clearly when this team has a hard game. It is well to keep your scout notes well arranged, and to keep them on file from year to year for reference. Some coaches run in cycles, and by watching what they use in their opening game you can sometimes tell about what kind of an attack they will use when the time comes to play you.

Methods of Scouting.

There are quite a few methods of scouting which are used. One method is to use a chart for each quarter of the game, with notes alongside of each down, and this sort of scouting is of value if you want statistics. Its main value lies in the fact that this chart does bring out the tactics used by the team in a clear way. If you have two men along, you can have one do the charting, and the other put down a sort of a code system which describes each play which the chart shows. This code would consist of putting down: first, the number of the down; second, the number of man who carried the ball; third, through what number of man the play was made; fourth, what kind of a play it was; and fifth, the gain or loss in yards, and last, the number of the player making the tackle. This can be made very simple by numbering your backs, and numbering your offensive men. You can also number your defensive men, and put on this chart on a certain spot the number of the defensive man who made the tackle. You can put down F for forward pass, P for punt, R for an end run, T for a thrust, CC for a criss-cross, T for trick play, and D for delayed buck. I have, however, seen the reports on charts in which the above system has been used, and personally they have been very confusing. Too much detail, and too many statistics, do not prove anything in particular. It is necessary to separate too much chaff before one finally gets down to the kernel.

Personally, I prefer to use a system of free hand notes, with diagrams, which you can write down in the shortest time whenever the play is stopped. There must be no writing while the play is in progress. While the play is in progress the eyes must be focused on the things which you are looking for, and you must do nothing else but look, look, look, and do your writing between halves, after the game, or while time is taken out. You will be surprised how good your memory is, and that the things which happened during the game all come back to you as you sit down to compile your notes after the game is over. That is, of course, if you have been observing, and know

what to look for. A green scout is inclined to bring back a lot of details about unimportant things, and will miss the important things. The one thing which I insist upon are the strength and weaknesses of offense and defense, and an accurate description of the forward passing system. The following pages here on scouting are merely a reproduction of the way I outline the scouting sheet, and I am indebted to my good friend, Charlie Bachman, coach at Kansas Aggies, for most of the ideas in it.

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 1 Team:

Game: Date Place

Scout:

PRELIMINARIES

1. Weather: a-Wind (rate) (direction) b-sky

2. Condition of Field:

3. Practice:

a—Formations used:

b—Kicks, Kickers, Receivers:

c—Passes, Passers, Receivers:

4. Line Ups (giving first Subs).

No.	Team	Wt.	Pos.	Wt.	Team	No.

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 2 Team: date

OFFENSE

1. Close Formations and Plays: (Designate by a number or letter).

2. Explanations:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 3 Team: Date:

OFFENSE

2. Open formations and Plays (Including punt formation):
(Designate by a number or letter)

Explanations:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 4 Team: Date:

OFFENSE SUMMARY

1. Running Attack:

Plays yardage men

2. Forward passes: First Quarter: Second: Third: Fourth:

Formations Number successful Failed
yardage

3. Punts:

Punter: Average Distance Returned
by quarters:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 5 Team: Date:

DEFENSE

Against close Formations (giving distances and personnel):

Explanations:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 6 Team: Date:

DEFENSE

Against Open Formations (Including Punt Formations):

Explanation (Analyze work of entire personnel carefully):

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 7 Team: Date:

DEFENSE SUMMARY

1. Running attack:

Kinds of plays	Gains allowed	Thrown for loss	Where

2. Forward passes:

Kind	Number and distance allowed	Intercepted or grounded	By whom

3. Punts:

Fumbled	Distance returned	Blocked

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 8 Team: Date:

KICK OFF

(Both Kicking and Receiving)

1. Team winning toss:
2. Receive after each option:
3. Goal First Quarter: Third Quarter:

Explanations:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 9 Team: Date:

1. Accurate Diagram of Each Kind of Forward Pass Tried:

Explanations:

NOTRE DAME UNIVERSITY FOOTBALL SCOUTING

Sheet 10 Team: Date:

DEFENSE SCOUTING-CLOSE FORMATIONS

Are ends coming in, smashing or waiting?
Are they worth two of your interference?
Can your ends delay their tackles?
Are opponents' tackles easily taken off their legs or easily entangled?
Do guards play between opposing guards and tackles?
Or opposite tackle, directly?
Do they play open center?
Physically or mentally, or not all?
Is the defensive center especially active outside of his own tackles and ends?
Is he so skillful that his nature will encourage him to outside tackles on defense?

PUNT FORMATION

Do ends come in to hurry kicker?
Do they allow offensive ends to line up outside of them?
Do they come forward with snap of ball or are they waiting ends on respective scrimmage lines?
Is it apparent that they are encouraged to watch for forward passes?
Do ends play directly in front of opponents' ends?
Do ends ever turn and follow offensive ends down under kicks?
Does the defense depend entirely on tackles to hurry kicker or passer?
Do defensive guards try to come through or do they use their energy to set up offensive guards or tackles on punts?
Does the center always play open or does he vary his defensive tactics?
Do halves dive for ends immediately or wait until they slow up preparatory to tackling man catching punts?
Who of the kicking side did most of the tackling on punts?

OFFENSIVE PUNT FORMATION

Do the linesmen of kicking side go down with the snap of the ball or do the five middle men play safe and protect kicker?

How many steps does the punter take?

Do the opponents kick from lop-sided formation?

Are the kicks high?

Was field muddy or fast?

CLOSE FORMATION OFFENSE

Was offense of opponents effective:

1. Because of good interference?
2. Because of speedy backs?
3. Because of weak tackling?

Does their offense send two men at ends?

Do these men come together and hit him at the same moment or is that part of interference ragged?

Do they come side by side or follow each other?

Do opponents emphasize general or individual interference?

If offense shifts to lop-sided formation, does the defense meet it in such a way as to preserve spaces between the linemen they had originally?

Does the defense shift?

Do backs of offensive run high?

As scout be sure you have their plays down as correct as possible and do not try to draw upon your imagination. Better say that "This is all I can get" than to say "I imagine, etc." Try to study quarterback and signals. Have scrubs call them as near like he does as possible. Don't give signals to a team if you know them.

SCOUTING ADDITIONAL

Is the team well rounded in all branches?

If not, what are the weaknesses ?

Are its offensive and defensive formations sound?

What are their best plays?
What new plays will they probably develop?
What type is quarterback and what are his field tactics?
What is the speed and ability of kicker with and against wind?
Does he constitute a triple thread?
Are any other backs in this category?
Which backs are best at running and which at interference?
What players best at receiving passes?
What defensive line methods do they use?
How do ends try to box tackles?
How do backs run interference?
How does line charge offensively?
Does team as a whole tackle well?
Who does not?
How many and what defenses does this team employ?
What type of offense and what particular plays will go against them?
Dope on individuals mentally and physically?

CHAPTER XVIII

SIGNALS

Systems of signals used by different teams have varied quite a little. Before the days of the forward pass most teams used a system of numbering the offensive backs and of numbering the offensive linemen. The line always charged shoulder to shoulder, with slight variations. If a certain halfback's number was called, followed by the number of the lineman, the latter number merely meant that this lineman was the apex of the wedge. The numbers were, of course, covered up in such a way that the defense could not tell when the two digits denoting who was to carry the ball, and where, were given. Another method would be to number the offensive backs, and the defensive holes. However, in my opinion, modern football has outgrown both of these two methods. In the two methods I have just mentioned, and which, I think, are obsolete, you will have to adopt key numbers, and complications of key numbers if you intend to include in your repertoire different kinds of forward passes, trick plays, double passes, triple passes, delayed plays, in and out plays, or any plays of an unusual nature.

Numbering Each Play

The system of numbering each play is now more generally used as being the most simple. We can say, for instance, that number twenty-one is an end run by the halfback to the left, number twenty-two an end run by the halfback to the right. You can give each man a definite assignment in this play so that when this number is called by the quarterback there is no confusion in the minds of any players as to just what he is to do. Twenty-three might be the play inside of the tackle to the left, and twenty-four to the right. Twenty-five might be a forward

pass to the left, and twenty-six to the right. In this pass play it might be decided that four men are to go down to act as receivers, while one backfield man and one lineman protect the passer. This thing is determined accurately for each man. Twenty-seven might be a reverse play which starts towards the left and ends at the right; and twenty-eight, vice versa. Every man on the offense has a complete picture of the play, including the big thing—his own duty. The question now is how to get these numbers into the mind of each player on the offense as simply and easily as possible. If the offensive players have to do a lot of hard figuring as to what the play number is, it detracts from their efficiency in playing their individual positions. It deflects a certain amount of thought away from the things on which they should be focusing. The play numbers should come so easily to each member of the offensive team that later on in the season he does the right thing immediately, almost by reflex action. Of course the giving out of these signals must not be so simple that the defensive players can very easily catch on to the system. The system must be so well devised that the quarterback or the coach can, by a simple change which the offensive team can readily grasp, make the numbers being called unintelligible to a defensive team which may have the dope on the original system of calling signals. I will come to this later, more in detail.

System of Addition.

Some teams have used the system of addition, which, in my opinion, is no good, as the numbers are too difficult to add for the average player. There is too much chance of mistake, and so I pass this system by immediately as being too complicated. Some teams use a key number, like six, and then the number following is the play number. This has been used successfully, but it puts a strain on the offensive team, as they are in there waiting, chafing at the bit, until they hear the key number. For instance, supposing our key number is six; the quarterback would call, "28, 34, 27, 56, 21, 18." As six is the key number, the play number would be "21." The other objection to this is

that the defensive team might notice that the offensive quarterback unconsciously puts a little accent on the number "6," and they may note that the number following "6" seems to receive more attention from the offensive team. Therefore this system, under these conditions, might prove ineffective.

Another system to use is where the whole play number is either the first, second, or third, number called. This is so simple that the quarterback during the game can change, by calling his team around him, from the first to the second, or to the third, number. In high school circles where scouting is not so intensive this system, I think, will prove quite effective. For instance, calling the number "21," which is the right halfback around left end. It can be called "*21,* 47, 56," or it can be called, "32, *21,* 17," or it can be called "47, 28, *21.*" In college circles, however, this system here might not prove so effective, though even here, if you are playing against teams of a high ethical standard, it will prove sufficient. However, playing against some teams, I would not take ethical standards too much for granted, and I believe I would cover up my signals just a little more effectively. This can be done by putting in what is known as the digit system. Under this system we might take the second digit of the first number, and the second digit of the second number, and make this the play number. For instance, if we want to call the play number "21," it can be made known to the offensive team by calling the following numbers: "8*2,* 3*1,* 46." Or you might use the second digit of the first number, and the first digit of the second number, which will give the following system in calling the play: "6*2,* *1*8, 77." The offensive formation might be brought out by calling them formation "A, B, C, D, etc. It might be possible to call the same plays from various formations, and then your play numbers will not total up much.

The Snap Signal

The question of a snap signal is quite important to a team using the set offense. The old-fashioned method of having every man on the offense watch the ball is not effective, as the offen-

sive team charges after the ball has been passed, and they do not get as good a look at their opponents as they might. The advantage of the snap signal is that it gives the offensive linemen a chance to watch their opponents, and also it gives them a chance to anticipate the passing of the ball, so they can charge with the ball, and not after it has been passed. The best method of putting in a charging signal is to put in a key number. The number following the key number in the first series will denote at what number in the second series the ball is to be passed. We will say that the key number is "7." If we now put in our series numbers, in which we are to call the play "21" to the left, we can give it out somewhat as follows, "*62*, 3*1*, 7*4*." Seven is the key number, and shows that the ball is passed on the fourth number of the second series, which may be called in the form of mono-digits, for instance, "8, 6, 1, *3*, 5," the ball being passed on number "3," the fourth number of the second series. You might also use the next to the last digit as always denoting the number on which the ball is to be passed in the second series. For instance, you might call "3*2*, 4*1*, 36." In this case, the ball would be passed on the third number called in the second series. Another method in using the digit system would be to repeat the whole play number in the second series, and the ball would be passed on the number following. For instance, we call "9*2*, 7*1*, 38," (pause), "46, *21*, 24." The ball would be passed just as soon as the number "24" comes from the mouth of the quarterback.

In shift plays charging signals are not necessary. I will explain in a few words. In order to cut down the number of plays, I will say that the number "21" is the halfback off-tackle, either left or right. The left halfback carries the ball when the play goes to the right, and the right halfback carries it when the play goes to the left. The first digit will give the direction of the play. If the first number is over five the play goes to the left, and if the first number is under five the play is called to the right. The team is lined up before the shift and is waiting to hear the number which denotes whether they shift to the right or to the left. Suppose now the quarterback calls the following numbers: "*62*, 4*1*, 18." The first digit, six,

shows that the shift is to the left. The digits two and one denote that the play is to the halfback, off-tackle. This system requires no snap signal, and all that is necessary is to keep in mind the count of the rhythm, and on a certain count the ball is passed. Supposing now an offensive team has plays where they use one shift, where they use two shifts, and plays where they use any number of shifts. Suppose also that the team has one shift in which the team pauses, and the quarterback calls some more numbers before the ball is snapped. Suppose, also, the team on offense has plays which are direct passes, and other plays which are indirect passes. They may also have plays from punt formation. How can we devise a simple system to give association, so that the center, particularly, will have no confusion in his mind as to just what is the nature of the play called? Here is a suggestion:

No's. 21 to 29, inclusive, denote single shift, direct pass,
No's. 31 to 39, inclusive, denote single shift, indirect pass,
No's. 41 to 49, inclusive, denote plays with no shift,
No's. 51 to 59, inclusive, denote plays with double shift,
No's. 61 to 69, inclusive, denote plays with regular shift, but team pauses afterwards, while the quarterback calls some numbers before the ball is passed, the number of digits called depending upon the key number in the first series.
No's. 71 to 79, inclusive, denote a single shift, direct pass, but the backfield shifts so that the fullback is the man directly behind center, and he gets the ball,
No's. 81 to 89, inclusive, are trick plays,
No's. 91 to 99, inclusive, are plays off of punt formation.

Covering Punt Number.

The thing which a team must cover up as much as possible is the number for the punt. If an opponent's scout wanted to get hold of your signals, it would be easy to write down the numbers the quarterback calls every time there is a punt. If the punt signal is now always the same number, it would be very easy for the scout to figure out your punt number, and also your system of calling signals. For that reason, last year I used five

numbers for a punt, and the quarterback was instructed to mix up these numbers as much as possible. I used outstanding numbers which were not very likely to confuse our own men. The numbers I actually used were 13, 11, 66, 99, and 44. As they were lined up in punt formation, and the men on our team heard "13, 11, 66, or 44" called, it was very easy to figure out it was a punt. Number 99 was the regular punt number.

Switching Signals

In case our quarterback was at all suspicious that some on the defensive team were hep to the signals, our offensive quarterback could call his team in a circle, and could change his system of bringing out his play numbers by a very simple means. For instance, we call the halfback off-tackle to the right, and we call "3*2*, 4*1*, 56, 45." The first digit, "3," meant that the shift was to the left, and the second digit of the first number and the second digit of the second number gave the play number, "21." The quarterback will now come back and tell the members of the team that from now on the first number is blank. He now calls "45, 2*2*, 8*1*, 36." The same play is called that was called above, an off-tackle play to the left with the halfback carrying the ball. Another variation to which you can change is to let the first digit of the second number be the direction, and then let the third number, the entire number, be the play number. This may sound just a little bit difficult to change to, but the third number stands out like a red lantern. For instance, we can call "84, *3*5, *21*, 16." Three gives the direction, "21," the play number. Any intelligent group of boys can use all three of these systems interchangeably without much difficulty.

Avoiding a Rut

The thing which the quarterback must avoid is allowing himself to get into a rut by calling continually the same numbers in trying to bring out certain numbers in the digit system. He must watch himself constantly so as to guard against this tendency. He must also guard against the tendency towards putting any unusual accent on the important numbers, and then slurring

over the unimportant numbers. He must not look in the direction in which the play is called, except once in a while, but usually he will look in some other direction. The numbers must be called out clearly and distinctly so that there is no chance for ambiguity in the minds of any of the offensive players. He must particularly avoid trying to call fifty-something, or sixty-something, as it is rather hard to distinguish between these two sounds.

Keep Them Simple

No matter what system of signals you use, keep them simple so that the association is clear, and so that the play numbers stand out very clearly in the minds of every one. Do not be so simple that the defensive team can analyze them. Some coaches prefer the huddle system as there is no doubt at all but that every member on the offense has the signal, and there is no danger that the defense has it at all. However, I like the moral effect of a live, snappy quarterback who barks out his numbers at the defensive team, and I have always found that a team with this kind of a quarterback will have fifty per cent more punch, than it would the other way. There is too much danger in the huddle system of having more than one quarterback. The quarterback, if he has a fine personality, and clear, powerful voice, should be allowed to use this great asset. Personally I believe the disadvantages of the huddle system outweigh the advantages.

CHAPTER XIX

DIVISION OF LABOR

The complexity of modern football has made the division of labor in practice a very important question. By division of labor I mean, how much time should be given to tackling, blocking, running signals, offensive work, defensive work, kick-off, etc. When you see a certain team play on a certain Saturday, it will be weak in some particular department. One team, we will say, is weak in tackling, due to the fact, no doubt, that their coach in his division of labor did not put enough time on it. Another team is weak in blocking, another team is very weak in its execution of plays, another team is weak in general defense, another team handles the ball poorly, or doesn't seem to know its signals well. The presence of any of these weaknesses in the team must show that the coach in scheduling his work has neglected one or more important things. There is generally more of a tendency for a coach to neglect the individual positions rather than to neglect some phase of team play. Take the position of end for instance. If the coach has the end do nothing but cover kicks, catch passes, and play defense, how can he expect this end to develop any proficiency in boxing the tackle. Or take a halfback as another example. If the coach has his halfback merely carrying the ball, practicing the various dodges, with some tackling and running signals, how can he expect this halfback to be successful in interfering against an end, or in playing defense against the forward pass. It stands to reason, therefore, that the end must get a certain amount of individual coaching in boxing the tackle, and the halfback must get a certain amount of work and constructive suggestions on how to play defense against passes and how to run interference.

FIRST WEEK'S PRACTICE SCHEDULE.

Time	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*
3:50 4:00	Lim. Up.	Lim. Up.	Lim. Up.	Lim. Up.	Lim. Up.	Lim. Up.
4:00 4:15	Group Work.	Group Work.	Fundamentals.	Group Work.	Group Work.	Cover kick & Tackle.
4:15 4:30	Fundamentals.	Group Work.	Tackling & Blocking Dummy.	Group Work.	Group Work.	Cover kick & Tackle.
4:30 4:45	Fundamentals.	Catching Passes.	Tackling & Blocking Dummy.	Blocking & Tackling Dummy.	Dummy defense against new formations.	Forward Pass Scrimmage.
4:45 5:00	Covering kicks.	Catching Passes.	Covering kicks.	Catching Passes.	Dummy defense against new formations.	Dummy Scrimmage.
5:00 5:30	Running series of five plays.	Signal Drill.	Dummy Scrimmage & two new pass plays. Get men used to each other.	Signals.	Work on punts & receiving kick-offs.	Receiving kick-off and Signals.

SECOND WEEK'S PRACTICE SCHEDULE.

Time	*Monday*	*Tuesday*	*Wednesday.*	*Thursday*	*Friday*	*Saturday*
3:50 4:00	Lim. Up.	Lim. Up.	Lim. Up.	Lim. Up.	Lim. Up.	Game. The day of the game everybody on the team runs up and down the field, kicking, punting, passing, etc.
4:00 4:15	Catching Passes.	Group Work.	Group Work.	Group Work.	Group Work.	
4:15 4:30	Covering kicks & tackling.	Tackling & Blocking Dummy.	Group Work.	Group Work.	Dummy defense. Scrimmage against opponents' defense.	
4:30 4:45	Group Work.	Tackling & Blocking Dummy.	Tackling Living men.	Covering kicks & Tackling.	Dummy defense Scrimmage against opponents' defense.	
4:45 5:00	Group Work.	Forward Pass Scrimmage.	Tackling Living men.	Covering kicks & Tackling.	Dummy defense Scrimmage against opponents' defense.	
5:00 5:30	Dummy Scrimmage. Two new Plays.	Signals.	Signals.	Signals.	Kick-off Work.	

Adaptability.

As I said in the opening introduction, the big thing which a coach has to be able to do is to adapt himself to conditions at his school. At Notre Dame the men are on the field shortly after three-thirty, and we begin practice work at four o'clock, spending the ten minutes previous to four o'clock in limbering up. Four to five-thirty is all the time we have for actual practice on the field, and that is time enough if every man on the squad is kept busy during that time. I have seen some teams practice three and four hours an afternoon, but the work was not organized, and eighty per cent of the men lay around doing nothing but observe. This is a shameful waste of time, and a student who is expected to play football and also keep up in his classes certainly should not have any of his time wasted. We also have a blackboard drill for forty minutes every noon, but this is due to the fact that Notre Dame is a boarding school and the noon hour can be utilized very efficiently. The men are all living on the campus with no other distractions. So I will put down an outline of the way I would work a team at Notre Dame the first two weeks, and will explain this outline as best I can.

Limbering-Up Exercises

I do believe that the ten minutes spent daily for limbering up exercises are well spent. It helps to build up the men, and it helps to develop motor coördination. The setting-up exercises can be a mixture of the usual army stuff, trench exercises, and the Swedish movements. They also tend to keep the men's muscles soft and lithe, making them less susceptible to charley horses, and so forth. Last, and very important, is the fact that it gets the men in shape, both physically and mentally, where they are anxious for an hour and a half of snappy work. For instance, if a man has scrimmaged hard on Wednesday night, when he first comes out Thursday afternoon, he is stiff, sore, and does not feel much inclined to get into the spirit of the practice. Spend ten minutes at limbering up, and all this is changed.

The man is limbered up and eager to go, both mentally and physically.

Group Work.

The words "group work" need explanation. For the time allotted to group work I divide the whole group up according to their positions. Now under group work for centers, I spent 40% of the time in passing, as this is the most important thing the center must be able to do. I spend 20% of the time in playing defense on the line, and 30% in playing defense against passes, and 10% in charging.

In the case of a guard, I spend 35% of the time in group work in pulling out, and 35% on defensive line plays, 10% in charging, and 10% in blocking, and 10% in covering on kicks.

In this same group work, the tackle spends 50% of his time on defensive line play, 25% on charging, and 25% in blocking or guarding the passage of the ball.

The end spends 35% of the time in blocking tackles, 35% of the time in acquiring perfection in his defensive play, working generally against an entire backfield, 15% of the time in covering kicks, and the last 15% in playing defense against passes from punt formation, or screen plays.

In group work the quarterback spends 60% of the time catching punts, 25% of the time in playing defense against passes, and 15% of the time in interference. As the quarterback as a rule does not do as much interfering as the other backs, this is the reason for this percentage.

A halfback spends 40% of his time learning how to run interference, 40% of his time in learning how to protect against passes, and 10% in blocking, principally in punt formation, to protect the kicker, and the last 10% in keeping the opposing end from trying to get down the field to cover a kick. The group work for the fullback is practically the same.

Teaching Interference.

Depending on how many men you have in your squad, you will have to adapt this group work to their number. The center,

in practicing defensive line work, works with the guards, while on offense we will use a center and four guards, two of the guards playing in the ordinary tackle positions. The various stunts on defense are now gone through, while the offensive line is told to charge easily for the first week or two until the defensive guards have performed their work over and over again; until the movements become a reflex action. You can reverse this and tell the offensive line to charge as hard as they can while the defensive men become passive. Thus the offensive linemen learn the technique of the offensive charge. You can work the ends against the tackles in the same way, and you can use a backfield against the ends in very much the same way. The best way to learn defense against passes is to get a backfield and a center out on defense, and then put a team on offense against them to try and complete any kind of a pass they can think of. The best way for a backfield to learn to interfere is to actually interfere against ends. The same thing can be said about the ends learning defense.

Dodging

I have not put down any group work dodging, as the men who have not learned to dodge, must do so on their way out to the field, and on the field before the regular work begins. I have not put down any work for forward pass receiving as the same thing applies there. I tell my centers and kickers to get out early, before the regular practice begins. Over half of the kicking practice is done informally before the actual practice begins, and the same holds true for the backs learning how to catch punts. Now if there are any backs or ends who are a little weak in catching passes, they can get out early and play half way between the punter and the receiver. When the receiver has caught the punt he will throw a forward pass down the field to one of the ends who is playing half way back to where the center is playing. In this way, a lot of work for which there is no time in the regular period, can be done efficiently and with good results. There is only one way to learn how to handle the ball, and that is to handle it.

By dummy offensive scrimmage I mean that the team on offense runs through its plays slowly, each man fulfilling his assignment, and the man carrying the ball goes through the hole made against a passive defense, or completes a forward pass, also against a passive defense.

Dummy Scrimmage

Dummy scrimmage on defense is along the same line, except that this is practiced against a team using the plays and formations which you expect an opponent to use against you. The whole thing is to be walked through or jogged through slowly, and both offensive dummy scrimmage and defensive dummy scrimmage are entirely mental in their results. The men learn more quickly to fill their assignments, and to be able to analyze and recognize certain things to do, and certain things not to do. A forward pass scrimmage is just a little bit different in that the defensive tackles and ends are told to rush in fast, but not to get rough. They must rush in fast so that the forward passer on the offensive team will get used to forward passing under pressure. Try to make the forward pass scrimmage as like game conditions as possible, without the roughness. This is fine work for developing timing and all the little fine points that go to make an ordinary play excellent because of finesse of execution.

Slow Development

It will be noticed that I have not scrimmaged at all in the first two weeks, but I am holding my first scrimmage on the Saturday of the second week, or, as was the case several years ago, I held my first game after two weeks of work without having had any previous scrimmage practice. I am a firm believer that the group work gives the same physical work as scrimmage, without the danger of physical disability, though it lacks, of course, the values and benefits derived from team play. These things necessary for team play, of course, can only be acquired through the whole team playing together. My reason for doing this is that I believe that it is not wise to let men scrimmage

before they are in pretty good shape physically. The coach who scrimmages his men the first week invariably has a lot of men knocked out, and these lose from two to three weeks' practice as a result, at the most critical time of the year. I say critical here because the team is made in the first six weeks, or it is not made at all. I believe in bringing a team slowly, not driving them too fast or too hard.

The First Scrimmage.

After the first two weeks of work, we have our first scrimmage, or our first game. Starting then the next week I generally scrimmage the third team on Tuesday night, the first team on Wednesday night, and the second team on Thursday night. No man scrimmages more than thirty minutes during the week. It is not necessary. Their group work gives them enough combat work to give them judgment of timing, and to keep their competitive nature on edge, for I believe that the time to play the game of football is on Saturday, and not on Tuesday, Wednesday, or Thursday. I have heard of teams which scrimmaged on Tuesday, Wednesday, and Thursday, and then the coach wondered why they were so pepless, listless, and dead on their feet, and apparently overfed on football. It is better to have a team underscrimmaged but full of eagerness to play football, than to have them overscrimmaged, and as a result listless. It is better to have a little less perfection of execution and a great eagerness to play, than it is to have perfection of execution without that enthusiasm and exhilaration which is so necessary to win. After the sixth week it is not necessary to scrimmage at all, except now and then after you have had an easy game. Then it might be well to scrimmage the team some to prepare it for a real, tough game.

Freshmen Competition.

I believe that scrimmaging against the Freshmen in the fall is much more satisfactory than playing against the scrubs. The scrubs, as a rule, are made up mostly of men who are rapidly losing heart, and they realize that they are nothing

but goats. They do not, as a rule, give much opposition to the varsity. However, the Freshmen team are less experienced and less sophisticated, and being chuck full of the eagerness of fearless youths, they will come out on to the field pop-eyed, eager to show the varsity up. I have seen Freshmen teams so full of zip and enthusiasm that at times they have literally swept the varsity off their feet. This is the kind of practice that will bring the varsity along in a way that will surprise you. You can't beat it.

Light Work

I have planned the work so as to always work light on Monday and Friday. At the end of the season, particularly if it is near to the last or second last game away from home, I have found it a good thing to lay them off entirely the day before the game. Every coach will have to take and adapt himself to his own particular conditions and situations, and it is hard to put down a fast rule. The first couple of games, however, will tell you where the weaknesses are in your team. You will have to change your division of labor and practice so as to correct those weaknesses which seem most predominant. No practice should be allowed to become monotonous, and it will be good to keep mixing up the group work, and do everything possible to keep things interesting.

"Trick" Plays

In the middle of the season I have found it effective on the Monday after a hard game to give the team two or three outlandish plays, trick plays, which they probably will never use. However, they act as a mental tonic to the whole team. A team will get a lot of fun and a new lease of life mentally with these new toys. No plays, however, should be worked which have not been thoroughly drilled and rehearsed in actual scrimmage. It takes a lot of time to develop a play to a point where it becomes effective in a game. When I see by the newspapers that a coach in midseason is changing his entire offense, I just take that with a grain of salt. There have been isolated

cases, of course, where coaches have done things like this, but I have never heard of any case where this was effective. A coach must map out his offense before the season begins, and while he can, of course, put in a lot of variations, and so forth, yet the offense must remain basically the same, or he cannot get results. The men on the team are just boys, and they have their limitations.

I do believe it is well to have three or four trick plays in the repertoire, besides the ones just mentioned, as they give the team a lot of confidence. They have something in reserve to call upon in case things get bad in the second half. It is much like a man carrying a revolver feeling much safer about meeting a hold-up man. However, he may be held up so quickly sometime that he will not have a chance to use his gun. And the same thing holds good for the team with the trick plays.

CHAPTER XX

THE SEASON'S CAMPAIGN

Arranging a schedule is a very important job, and an item that should be undertaken only by experts. In most schools the coach who has to play the schedule is consulted on the schedule, and in most of the Big Ten Conference and larger schools of the middle west, the coach practically makes his own schedule. There are, however, a lot of schools where the schedule is made by boards, composed of some faculty men, and in some cases, of alumni. These men may be experts in their particular branch of teaching, profession or business, but in making the schedule they may have no thought of the fellows and the coach who have to play it. As a rule these boards are over-ambitious, and they will make a schedule much too hard. When a coach fails to do well under one of their schedules, these board members are the first to rap the coach, when the chances are that the absurd schedule that these men made was probably the real contributing factor towards a poor season.

"Traveling Too Much"

Several big schools and organizations and conferences take an opposite point of view. They play all games, except one, at home. They make all the small schools always play in their back yard. They arrange their schedule so that their hard games, the few that they do have, do not come too close together. They don't play any harder games than they absolutely have to. Personally I have no criticism of this kind of a schedule, but I do smile to myself whenever I see one of these men, who play all of their games at home, break into print to the effect that "some schools travel too much." If the coach or director making this remark would think, he would realize how absurd his position is. He insists upon all of the smaller schools

always coming to his place to play, and then criticizes them for traveling too much. Men who have written a lot on what they call "equality in competition," do not believe what they say as much as they think they do because they always play the smaller schools on their own home grounds. They generally pick the officials for the smaller schools, and tell them on what date the game will be played, and in fact do all the dictating. If the smaller school wants to play under these conditions, of course, that is their own business. But a lot of this bunk about "equality in competition" always gives me a laugh; there is no such thing. The big school with the prestige and money will always have better coaching staffs, more men, better equipment, better medical attention, etc., than the small school, and it will always be that way. The smaller school will always be handicapped by lack of money, lack of equipment, lack of prestige, lack of facilities in general, and they may as well be resigned to merely doing the best they can under the conditions.

Big Schools and Small

There is, however, one general rule which the smaller school should always keep in mind: "When you play the big school give them a good game, but for goodness' sake do not beat them, that is, do not beat them if you hope to remain on their schedule." The big schools are champions by Divine Right, and are entitled to all the cream by virtue of Divine Backing. When they are beaten by a smaller school it stands to reason that something must be wrong. The small school must have stressed athletics too much, and to make sure that this horrible tendency of stressing athletics is corrected, the big school will refuse to schedule the smaller school until such a time that they are assured that the smaller school is weak enough to be handled without danger. Only the large schools have a right to ambitions. For the smaller school to have ambitions is wicked.

The Ideal Schedule

The ideal schedule is the schedule which culminates in the hardest game at the end. The last game of the season makes

an ideal climax. There should be about three other games during the year which should be hard, but which a team should be able to take in its stride while working towards the climax. In between these three fairly hard games there should be games which should be so easy that a team can win them with most of the second and third teams bearing the brunt of the attack.

However, the number of schools able to arrange such a schedule is very limited. Only the school, which by virtue of prestige, tradition, and the backing of a large stadium, can afford to be in the dictatorial position where the annual making of such a schedule is merely a matter of deciding whom they want to play.

Two Big Games

Another schedule which works out fairly well is to have a big game in mid-season, and wind up with another big game. Properly handled, I believe a team can be in top form, or nearly in top form, for both these games. The worst kind of a schedule is the schedule where the two or three hardest games are played in the early part of the season, and then winds up with some fairly easy competition. This is the hardest schedule which any coach can undertake. You will have to bring a team along fast to meet these early hard games, and you will invariably have to pay dearly for this. The easy games at the end of the schedule will serve as the anticlimax, and will, as a rule, prove very disastrous. However, there are some small schools who have to take this sort of a schedule for the sake of finances, and sometimes the team does fairly well. But when the season ends disastrously, as it does so often, the goat is always the poor coach.

Always a Chance to Win

Personally I never schedule a game that I do not think we have a chance to win. I do not mean by this that I believe in running away from anybody, but what I do mean is this; that my team goes into every game it plays with the idea that it is going to win. If I were going into a game where everything pointed to sure defeat, I would still not make the mistake of telling

my men to go in and hold down the score. Some coaches may say that they are forced to schedule games with teams clearly their superiors. This is no doubt true. However, they will play a better game if they go in there with an idea that something may happen, and that they can win. Comparisons can be drawn to big upsets which have happened in the past. Your team will play a lot better game, and get a lot more out of the game under those conditions than they will under the mistaken idea that they can "hold down the score."

No More Soft Schedules

Out here in the middle west, the days of soft schedules are over, except for possibly one or two teams. In the Missouri Valley Conference and in the Big Ten, the competition is so keen and the class of football played is so high that when a school plays five other conference teams in a season's schedule, you can put it down that this is a good tough schedule. As a rule this school tries to get some hard practice games, and then tries to have the team in fairly good form for the opening big game of their schedule. And it must be remembered now that every one of these five conference games is a big game. The trick now, is to try to hold your team in top form for these five games. This becomes a very difficult task when you figure mental aspects, physical injuries, and the fact that at every game you are being scouted quite thoroughly. It is more difficult for the small conference team which has to do much traveling on account of lack of financial facilities on their home grounds. In my opinion it is 33 1/3% harder to play away from home. Young college boys are affected not a little by strange beds, sleeping in Pullmans, strange food, and playing on strange fields. However, even for the big school which plays most of its games at home, a five game schedule with other conference teams is a very hard schedule, and a team that comes through without defeat in a schedule of this sort will have to be playing fine football. They will have to be mentally alert to take advantage of the breaks, and they cannot afford to lose many men through injuries.

At Notre Dame

At a school like Notre Dame, where we belong only to the Indiana Intercollegiate Conference, for the sake of standardizing eligibility rules, we are more or less a free lance as regards schedule making. I try to schedule, however, about three practice games as hard as I can get them, to prepare the team for the rest of the schedule. As we generally play nine games, and I aim to have seven of these games big games, we are sometimes only able to schedule two preliminary practice games.

A Nine-Game Schedule

We will take up now some aspects of this campaign of nine games beginning with the first two preliminary practice games. In the first practice game I would limit my team to two or three plays so that they will have to win the game through superior blocking. I might give them one or two forward pass plays entirely different from the regular forward passing attack so that the scouts will be misled as to the kind of passes we throw and their execution. If the team we are playing is rather weak, I would insist that my quarterback would play the strong points. I would also use practically my entire squad, that is, the entire squad of men who have a chance to make the first team. Some men who have not shown up particularly well in practice may look twice as good in a game, and they are the men on whom I want to keep my eye, as they are your real competitors. Some men may have been looking very well in practice and then blow up in a game. These men either need a lot more experience or they may possibly belong to that group which we call "practice athletes." Some coaches believe in mixing up their men quite a little in the first two games, but this I do not believe in. The men should play together for the sake of team work. From the way the men have been showing in practice and from the way they have performed in the first two games, one should have a fairly good idea, at least roughly, of who your best eleven men are, the second best eleven, and the third best eleven.

Preparing For First Big Game.

If the team against whom you are playing your first big game is weak at the ends, I would build my attack for the following Saturday along these lines. It must be borne in mind, however, that a powerful, crashing fullback is the threat which will make your end runs good. I would leave nothing undone to win this first big game. This game will either make or break the season. If the team can win this first big game, it will be chuck full of confidence and enthusiasm, and they will play way over their heads whenever called upon later on. If they lose this first big game it may dampen their ardor for the entire season. It is true some teams have lost this first big game and then have come back in great form afterwards. This shows fine character in the boys. However, more teams are ruined by losing their first big game than are made.

End Run Threats.

Supposing, however, that you have won your first big game, and now find that you play the second big game against a team that is very weak on the line. The thing to do now is to rehearse very faithfully one or two line plays which were not used the Saturday previous. Concentrate on preparing this style of attack for the next week-end. However, we must keep in mind that a threat of a forward pass, and a threat of an end run must be kept constantly in front of the team you are to play, to make your line attack strong.

Weak Against Forward Passes.

Suppose now in the third game you play a team which is very weak against the forward pass. The week previous you will spend a lot of time practicing up the pass attack. The fact that on the previous two Saturdays we have shown a powerful running attack will be found of great help as the other team's secondary and tertiary defenses must be brought up if a forward pass is to be fully successful.

Against a Strong Defense

If in the fourth game we find that we are up against a team with a wonderful defense, we then start polishing up our kicking game, and we instruct our team before the game to go out and play for the breaks. Men with injuries must be nursed along. In the game against the team which is weak against passes, we will find that it is possible to get along without several of the men who are not in good physical shape.

Our scrimmaging for the year is now practically over, and we are doing just enough work to keep in top form. We are working towards a climax against the team we are playing in the sixth game. This will be the hardest game of the year.

A Powerful Offense

The fifth team we will play, we will say, is a very powerful offensive team, but quite weak on defense. Against this team our quarterback will have instructions to hang on to the ball as long as he can, and not to give it to the other team unless he absolutely has to. No matter what the temptation may be to kick, he must not do so, but must keep rushing.

The Big Game

We now come to the big game of the year, the sixth hard game in a row. We will have saved for this game two or three forward pass plays which we have not shown as yet, at least two trick plays, one of which we will try right at the start of the game for the sake of psychology, We will also save our team so that every man is in the pink of condition physically for this big game. If the team we are playing is well-rounded in all branches, we will have to play a safe game and play whatever weapons of attack we find, upon analysis and contact, will work best under the different conditions that arise during the game. Unexpected strength may arise where we didn't expect it, and the big thing is to be able to recognize this immediately. Also unexpected weaknesses may appear where we least expected

it, and the big thing is to be able to recognize these. However, if we have a quarterback and players who are heady enough to find these things and to recognize them, what remains is simple. Play the plays which will not hit the strong points, but which will take advantage of the weak points.

Opening Up

Take all unnecessary padding off the men before the game, and tell the quarterback to use any play in the repertoire. Nothing is barred except that he must not take unnecessary chances. This is the one game where the team must put everything into it that they have, and must leave no stone unturned for success. Every school has at least one big rival, and if this rival is beaten, the season is a success. This is called THE game. As far as we are concerned this sixth game is THE game. We may win every other game, but if we lose this our alumni and student body will not count the season a success.

Overrating Your Opponents

After this contest we still have one hard game left on the schedule, but we must have gotten up enough momentum during the season to be able to win this game without undue preparation. It will be hard to win because, if we have had success so far, the last game against an easier team will not mean so much to our boys. It will be just a game. However, you must again overrate your opponents and must work just as hard as for any of the other games to have everything ready both on offense and defense.

I have been asked if I believe in resting a Saturday now and then in the middle of the season. I do believe in this very strongly, and in my schedule I would leave an open Saturday if I could. However, we have many problems to meet, and so we try to play seven hard games in a row. It would be better if we left one Saturday open after the third hard game so as to give the team a chance to recuperate mentally and physically for the remaining three games.

Losing Games

I believe a lot of our alumni, much more than our student body, are taking the game of football a little bit too seriously. I do not believe that this is fair to the coach, or to the game itself. I believe that the alumnus who has just seen his team go down in defeat should take every factor into consideration before he puts too much blame on the coach, or any of the individual players. There are a lot of things which may lose football games. First there is the fact that the team may have too hard a schedule, poorly arranged, and with a bad anticlimax. Secondly, a team may be crippled at just the wrong time through losing one or two valuable men. Thirdly, there may be bad breaks in the game, such as dropping forward passes, or fumbling, over which the coach has no control. Again, the team may be tired and stale from too much traveling, and may not be able to play its best in one or two games. Last, and very important, is the fact that what has appeared to be very fine material may prove to be very inferior material. If men, who have been coaching twenty and thirty years cannot tell whether or not a man is a good football player until he has been tested and tried, how can a lot of lawyers, doctors, and barbers have such an expert point of view that they can look over a squad the first week out for practice, and say with absolute certainty that "there" is wonderful material? There are many, many other factors which we need not go into here, and which our alumni would appreciate if they were brought to their attention. However, the alumni should realize that loyalty isn't worth a nickel unless it works both ways. If the team shows it has been well coached, fights to the last ditch, and lives up to every tradition of the old school as regards sportsmanship, morale, and physical condition, the alumni should not feel bitter if the team is beaten now and then. The most successful schools in athletics are those which have retained coaches over long periods. The most unsuccessful schools in athletics are those which allow their alumni to have them chasing rainbows. I mean by this that they keep looking for the "miracle man" to coach their team. Practical experience

would show them that there is no such man. If they get a fairly good man, they had better keep him.

Loyalty

The alumni expect the coach and the team to be intensely loyal. The alumni can show their loyalty by their actions in defeat, and standing by the team and coach, particularly when in other years this same team and coach have had a fair measure of success.

The campaign for the entire season should be mapped out ahead of time, though of course, the coach may adapt himself to whatever should arise during the fall. However, a campaign for the entire fall must be mapped out ahead of time and adhered to, to a certain extent. It is quite easy to prepare for one or two games, and win these one or two games. However, in the middle west where the coaches have five, six, and seven hard games, the task becomes extremely difficult. This is one of the reasons why football coaches become so irritable that socially they are zero, at least during the ten weeks in the fall.

CHAPTER XXI

THE PEDAGOGY OF FOOTBALL

For some inexplicable reason physical educators seem to have an idea that they have a monopoly on all the big words in athletics, so when a football coach mentions Pedagogy the average physical educator feign would titter. The football coach will allow the physical educator a monopoly on such words as kinesiology, somatics, and anthropometry, as they don't mean anything anyway. An experienced coach knows that motor-coordination is developed by drill and exercise of the right kind and that the measuring value of the eye and the muscle of the arm can be developed and improved by practice. As a large huge muscle, that is absolutely devoid of any particular meaning. But when you come to pedagogy that is a coach's real dish.

The average professor goes into a class room, gives his lecture and leaves. His attitude is distinctly, "take it or leave it." He may flunk half the class and everyone is awestricken. The coach, however, has to be a super-teacher. He must see to it that the class learns what he has to teach. If he flunks half his class, he flunks with them. It is not what a coach knows, it is what he can teach his boys, what he can make them do. Therefore, the coach must take every possible means to give the candidates a clear and concise picture of what he has in mind. Then he must convince the candidates the importance of perfecting every detail so that the candidates will do it, perform as the coach has in mind they should.

For instance, what is the pedagogy of teaching a guard the defensive stunt known as the double coordination movement? This is one of the devices employed by a defensive guard when he has to play two men at once. A coach should take the following procedure:

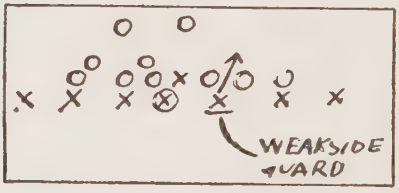
First, he should give a vivid, graphic description of the movement in detail. The description should be as clear as possible, as illuminating as he can make it, stating frankly the two or three common faults to be avoided.

Secondly, either the coach himself or some experienced guard demonstrates this movement both "slow motion picture" style and also at full speed. A combination of these two should now give the guard candidates a complete picture of what is wanted.

Third, the guard candidates are now lined up in defense against two offensive men who are told to charge very passively. The guard candidates now try to perform the double coordination stunt.

The fourth stage consists of the coach criticising constructively the work of this group of prospective guards individually. After the mistakes have been overcome then the fifth stage is reached, in which the guards practice for perfection. In fact they should always keep repeating this stunt over and over again until the perfection of execution becomes a habit and almost a reflex action. Then and then only will they have mastered it.

As a concrete example we will imagine that I am talking to a group of guards and that I am going to explain to them the double coordination movement. Say the guard is a right guard, playing against a balanced line with the opponent's backfield shifted to our left, this makes the guard the weakside guard, so called.



"The right guard stands with the left foot to the rear, both toes pointed straight ahead and you must be on the balls of your feet. Bend your knees so that your seat is low, so that you are comfortable and your position firm. Let your arms dangle loosely in front of you so that you give no intimation in any

way as to what you intend to do or how. It is third down and four or five to go and therefore you are afraid of a play coming back to the weakside and your position as guard is such that you must maintain it or guard your own territory. In other words you are expecting a play right over you and so you are all alert for it, for previously you may have used, under the same conditions, the submarine or the flying squirrel over the top. Also since the offensive guard and tackle from their stance appear to be susceptible to it, you decide you are going to use the "double coordination" movement. The instant the ball moves you bring your left knee from the rear and move it right along the ground between the guard and tackle as far as you can. In fact the knee is fairly shot forward with a sort of loose supple hip movement using the hip movement and the upper thigh muscles of the left thigh to effect this. Simultaneously with this the two hands are brought from underneath sideways against the ear of the tackle with sufficient power and vigor to completely deflect the tackle in his charge. This is the reason that the movement is called double coordination for the two things must be done quick as a flash and absolutely simultaneous. Your eye is focused on the ear of the tackle. The instant these two first movements are completed you use your left shoulder and right leg to brace yourself and sort of slip off the charge of the guard and with the use of your left elbow you leave the guard to one side and continue back into the backfield on your hands and knees, unhampered, free, with both hands free for a tackle and your knees under you for a spring if necessary. Stay loose and relaxed and don't tense until the moment of contact. Have a superiority complex that you will be successful. Your two opponents don't know which of three or four stunts you intend to use."

I then line up personally and give a demonstration both "slow motion picture" style and full speed as under game conditions. The guard candidates then lineup and I have two offensive men lineup against them, as I said previously, to charge very little or passive. I then watch the guards closely and I criticise but one fault at a time. I do not call the attention of any one candidate

to more than one fault and he stays with this fault until he has corrected it. Then I call his attention to his next fault and he corrects that and so on. The boy can think of but one thing at a time and the teacher must appreciate this. I do not give them any long harrowed detailed description of what is wrong with them and my line of conversation is something like this:

"Anderson, bend your knees down!"

"Smith, you are bringing your knee along the ground too high!"

"Jones, your hands have no power and you are not using the straight forearm shiver!"

"Miller, your hands are hitting the opponent from above, not from underneath!"

"Lockhart, you are not driving your knee forward fast enough or far enough!"

"Bond, you are not reacting fast enough on your second reactions and you are not using your elbows with enough power!"

"Hurwitz, you are finishing up on your stomach. Never go to your stomach, keep your knees under you!"

This same form of instruction should be carried on in detail when instructing your candidates for the various positions in any form of fundamental play. And don't forget that the only way to attain perfection is to keep on practicing until it becomes a habit, whether it is teaching charging, teaching blocking, teaching tackling or any of the other hundred things that have to be learned and have to be performed if the boy is to be able to play the game of football well.

What about the pedagogy of the quarterback? This is perhaps the most difficult thing in football coaching. I have found that the less you try to teach the quarterback directly, the better. The position of quarterback is not like trying to learn by memory or rote out of a book. The quarterback learns mainly by experience. The coach should merely keep vividly in front of the quarterback certain fundamental principles to aid him in his analyses and in making his decisions. In fact the longer I coach the less artificial means I use in teaching football. There are five primary fundamentals the quarterback should start out with.

First, when in doubt punt.

Second, know when NOT to forward pass.

Third, remember what plays have been working, and what plays have not been working.

Fourth, look and see who makes the tackles.

Fifth, know when to play it safe, know when to take a chance, know when to play it fast, know when to play it slow.

With these as a foundation or a background the quarterback begins and has his experience. Since every cell in his being has memory, they will remember when they have done things right, they should remember when they have made mistakes. It is well that they should make their mistakes as early as possible. A knowledge of the personnel of his own team and the strength of his own plays will come after a few scrimmages. A sensitiveness toward strength and weakness in the defense will come from the experience of playing a season. It is not fair to expect a mere boy to develop any faster in this exacting position. The coach must be careful not to call down the quarterback in front of the team. Whatever mistakes are made should be corrected in private. This is because the quarterback must develop respect for himself, confidence in himself and he must earn the respect of his teammates.

The job of handling an offense consisting of about thirty plays is a big one. How is the quarterback going to handle these plays judiciously and where is he going to develop his sense of values so as to be able to develop that rare quality known as judgment? The coach can help the quarterback here immeasurably if he will sit down sometime after the quarterback has learned his plays fairly well and classify these plays according to the following table or something similar to it.

First, the strongest plays. Plays to be used on first down and that are liable to gain four or more yards and safeguard possession of the ball. These are generally plays aimed on the outside of tackle though against a team using a roving center or a six man line it might be a cutback over center.

Second, short sure gainers which are also good for from one to three yards and which safeguard possession of the ball. These are plays to be used when you have only a small number of

yards for first down. They are also necessary to keep the defensive line in tight so that the strong plays will continue to work.

Third, check plays. These are plays which are not good until the defense changes their position to stop your strong plays. For instance, a wide end run around the defensive end is not a good play by itself. However, when the defensive end comes smashing in tight to stop your strong plays then a run around him becomes a good play for two reasons: first, it will gain ground, and secondly, it will tend to drive the end out where the strong plays will again become more effective. A splitbuck is another type of check play.

Fourth, gamble plays. These are generally long forward passes and short forward passes where you gamble for great yardage but jeopardize possession of the ball.

Fifth, position plays. This may include the punt or a wide end run which will be used to get position for another play or to get position to punt or place kick.

Sixth, sideline plays. The team should have one or two plays designed to gain ground if possible but mainly designed to get out of bounds when near the sidelines. A cutback play might belong here. Sometimes a cutback may be used when close to the sidelines.

Seventh, goal line plays. Every team should have three or four plays which should be used only on the goal line in what is known as the zone of "intense resistance." These are generally plays which start the same as other plays but end up differently.

Eighth, psychological plays. These are generally long gainers to be used at the right psychological moment. For instance, a long forward pass the first play of the game, a trick forward pass the first play in the second half. Or supposing the opponents have just fumbled and their minds are mostly on their bad luck, a long forward pass here might be the psychological thing to do. On a long forward pass against a defensive team which has gone up in the air and has not had sense enough to take time out.

Ninth, trick plays. Every coach that is not too lazy should have a couple of trick plays. It is well to let the opponents

know that you have a couple of trick plays as it will keep them in a state of mental unrest which renders them less effective against your regular attack. Trick plays are also very useful when a team is in a hole at the end of a game and everything else has failed.

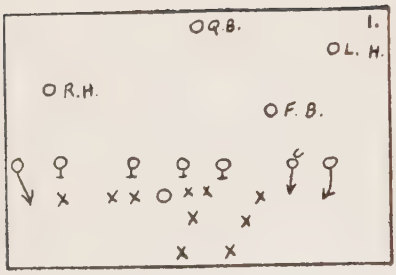
Tenth, time killing plays. These are to be used when you are ahead near the end of a game and you want to kill time. Here is where spread plays come in mighty handy.

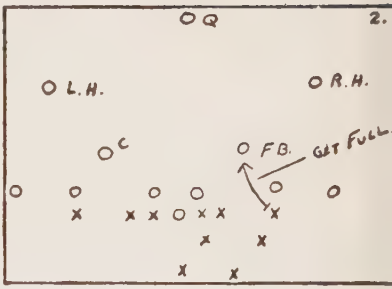
Eleventh, sacrifice plays. These are plays which are used to make other plays good. Example of this is the common ordinary reverse play which while it may not gain much ground yet its use makes the other plays good. Or a smash over guard. This smash may not be so very effective, but its continued use may draw the tackle and end in where a sudden use of a wide end run might now become very effective. This continued smashing might have the effect also of drawing the defensive fullback up, making him vulnerable at the right time to a fake guard smash followed by a forward pass over the fullback's head.

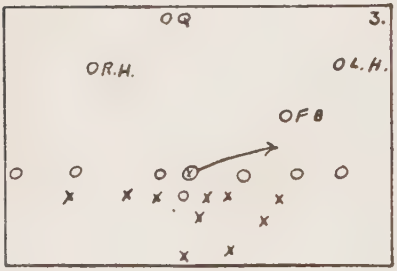
Twelfth, long gainers. These are your forward passes which go a long distance and which can be used sometimes in lieu of a punt or can be used in midfield to score near the end of a half or in other similar situations.

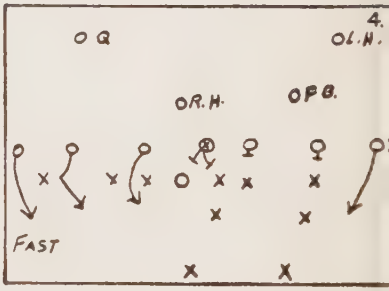
Thirteenth, change of pace plays. These are plays involving change of rhythm, change of timing, or plays without a signal as in a series play. This type of play is particularly effective near the goal line and they may catch the defense napping or they may find the defense offside.

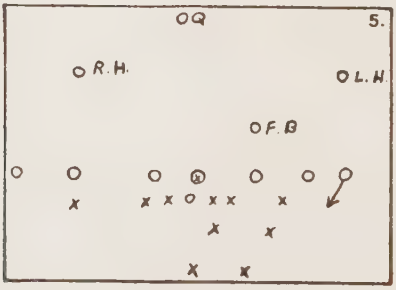
Most plays in the repertoire will, of course, be found under three or four of these classifications but I do believe that this kind of a classification will immeasurably increase the quarterback's sense of values. You might also have the quarterback practice calling plays against these various kind of defenses and I will outline here ten different kinds of defense which we have met and I will give in the diagrams not the play to be used, but the weaknesses in the defense which the quarterback must pick and make the most of.

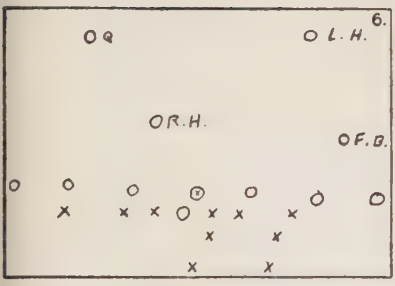

1.
Q.B.
L. H.
R.H.
F. B.

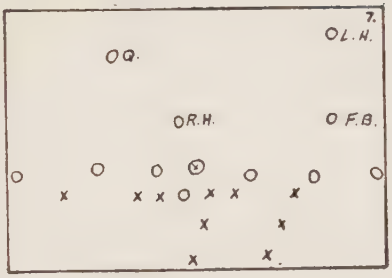

Q
2.
L.H.
R.H.
C
F.B.
GET FULL

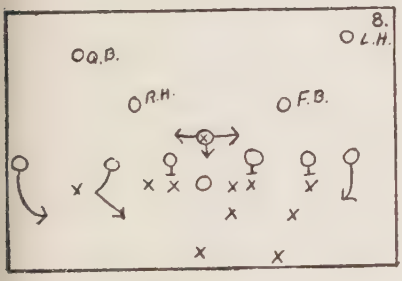

Q
3.
R.H.
L.H.
F B

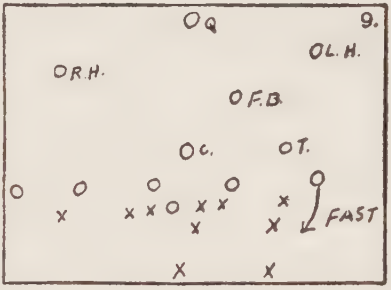

Q
4.
L.H.
R.H.
F B.
FAST

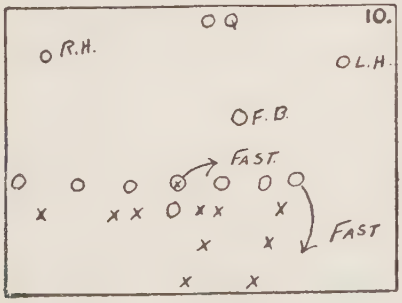

Q
5.
R.H.
L.H.
F.B


6.
Q
L. H.
R. H.
F. B.


7.
L. H.
Q.
R. H.
F. B.


8.
L. H.
Q. B.
R. H.
F. B.


9.
Q
L. H.
R. H.
F. B.
C.
T.
FAST


10.
Q
R. H.
L. H.
F. B.
FAST
FAST

The main thing, however, is to develop a desire on the part of the quarterback to think, to learn how to think and to develop confidence in his ability to think. If the coach can do this, experience will do the rest. All the coach needs to do is to quietly and privately correct the mistakes as they are made and the quarterback cannot but help to profit by them.

And so the coach's work is really refined pedagogy as the results of his teaching are put to a test every Saturday. He should immediately take the proper means of correcting everything which he sees wrong in the scrimmage or the game. The best time to do this teaching is in three or four weeks of spring football when one has plenty of time and when there is no tenseness or emotional atmosphere hurrying the process unduly. Teach slowly, build brick by brick, so that when the job is completed you have built surely.

CHAPTER XXII

HYPOTHETICAL QUESTIONS IN QUIZ FORM

Equipment

1. What is the best technical book which has been written?

   Ans: There isn't a technical book on the market written by a college coach which does not contain worth while information. I claim that if you read one of these books and get just one or two ideas, the time has been well spent.
2. On the day of the game you are looking over the field. What is the first thing you look for?

   Ans: The first thing you look for is to see whether or not it will be necessary to wear mud-cleats. This is very important. As early in the season as possible it would be well to scrimmage the men once or twice in mud so as to get them used to the mud-cleats.
3. How much should the entire suit of a football player weigh?

   Ans: When dry it should not weigh over eight pounds.

Fundamentals

4. Is it wise to spend much time on the cross-over tackle?

   Ans: Just once or twice on the tackling dummy to get the idea across, then plenty of live tackling.
5. When a tackle cross checks, or scissors, does he get to the defensive man as soon as he can and as best he can at an oblique angle or shall he pivot and hit at right angle?

   Ans: It is better to pivot and hit at right angle though this should be done as quickly as possible.
6. What is the difference between knifing and slicing through?

   Ans: Knifing means to come through between two men with the use of hands and under control. Slicing through means hurling your body as far back into the backfield as

possible, but you finish up all out of position and out of control and you leave your position wide open. Knifing is all right. Slicing is bad.

7. Which is the best position to play a man who is very green?

   Ans: Offensive at tackle. Defensive at guard.

8. What practice is best to develop knee action for backs? Leg drive for any of your players?

   Ans: Knee action is best developed by stationary running, accentuating the high knee left. Leg drive can be gotten by practicing broad jump, hurdling, high jump and by lining up in a crouching position and seeing how far you can drive your body along the ground by means of driving either one leg or the other.

9. Do you think it is a good policy to teach a back change of pace in eluding tackles?

   Ans: No. This is an instinct which, if latent, can be brought out by suggestion. If you try to teach change of pace to a man who has no instinct, the chances are you will merely make a slow runner out of him.

10. Is there any merit in having sacks of sand on which to train your backs?

    Ans: Some schools blindfold their backs and practice them running up and down piles of sand bags. The scheme has merit but can be easily overdone.

11. What are the essentials for a punter to bear in mind?

    Ans: Keep eye on the ball, depress the toe and follow through. In other words, club the ball, with the instep at the exact spot with the leg swinging at a maximum velocity. Of course, the punter must get his kick away quickly, must get plenty of height and must be able to place his kick, but these points come later.

12. Should interferer, in taking out his end, leave his feet or hold his feet?

    Ans: As a rule he should hold his feet.

13. Should interferer trying to block his end in leave his feet or hold his feet?

    Ans: Leave his feet.

14. What might cause you to hesitate to leave your feet for a fumble?

Ans: Nothing, unless you are a married man.

15. Suppose you are carrying the ball and your forward progress is about to be stopped. What will you think of?

Ans: In midfield think of leg drive and getting every inch possible. If near the side-lines think either of getting out of bounds or reversing the field.

16. Suppose you and a teammate are going for a loose ball and so is an opponent; what do you do?

Ans: Block opponent so teammate can get ball.

17. What is the first essential of an offensive back?

Ans: To be able to hold the ball.

18. Suppose we are kicking off and I am playing back as safety. For what must I be alert?

Ans: Return of kick-off by means of a punt.

19. What type of general interference is best? Echelon (staggered type) or Straight Line type?

Ans: I like the Straight Front Line type best.

20. Should interferers in either of the above types be active or passive?

Ans: If you have clever interferers and clever ball carrier, use active interference. However, if your interferers are not so proficient individually, or if the ball carrier is slow and lacking in cleverness, it would be better to use the passive type of interference.

21. Why should an off-side man be careful not to fall on the ball rolling back toward his own goal line?

Ans: No reason. He should fall on it before it rolls back any more.

22. How do you teach forearm shock blow to linemen?

Ans: Teach them to hit certain spot on bucking machine with heel of the hands, legs well planted, body well behind the blow and the blow is imparted by tensing the biceps, deltoid and pectoral muscles. Blow should not travel more than three or four inches.

23. Boy closes his eyes when tackling. How break him?

Ans: Chances are that boy has never done much in the way of athletics. Have an extra soft dummy which the boy can hit hard without flinching. This, along with some boxing, should effect a cure. Of course, you must stress in the boy's mind the fact that he must keep his eyes open all the time.

24. How do you teach the cross-over tackle on the dummy?

Ans: By having the boys lunge at the dummy from the side. Describe to the boy that in the cross-over tackle, as you get your leg drive and are driving off into space in front of the dummy, to turn up his stomach just like a shark going after its prey. As the tackler goes by the dummy, however, he should wrap it with both arms for keeps.

Offense

25. Does the personality of your team make any difference as to whether you use quick opening or the wedge system of offensive line play?

Ans: If I had a green team not capable of using both systems, my choice would depend upon type of personnel. If the line was big, powerful but clumsy, I would use the wedge system. If the line was light, fast and cagy, I would use the quick opening.

26. How many plays do you give a team for the first game which will be a stiff contest?

Ans: This is rather difficult to say as it would also depend upon the experience of your men, their mentality and whether it was a high school team or a college team. However, I believe the average coach will find from five to seven plays well learned a lot more effective than a dozen or more plays only half learned.

27. Which has greater possibilities for deception, drop kick formation or place kick formation?

Ans: Place kick formation has had better results from a deceptive point of view because of some unknown reason

the defensive team seems to feel that when the other team takes place kick formation that all it can do is place kick.

28. The defensive team plays its tackle one yard back. What play will the offensive team use and some details.

Ans: Instead of having the end work on the tackle, I would have this end go through for secondary and I would have two backfield men handle this tackle from varying angles. A tackle who plays back of your end becomes difficult for the end to get to, though I would mix it up for one or two plays where the end did the best he could to get him.

29. On returning kick-off, which is best to use: wedge, criss-cross, man for man or a wave system?

Ans: I have found the wedge system in which we occasionally use a criss-cross or reverse in the field to be the most effective.

30. What new ideas on offense offer possibilities for an imaginative coach?

Ans: Modified type of screen pass where the screen acts as a threat rather than as an active interference. Coming out of the Huddle system into four or five quite different formations. The lateral passes of all types under varying conditions.

31. What are the chief functions of trick plays?

Ans: To be used at psychological moments; to be used when a team is behind and is using desperate means to get out of the hole; to keep the defensive team guessing; to keep a team from getting stale mentally in mid-season—a trick play or two given to them may rejuvenate their play spirit.

32. Are trick plays strong plays in themselves?

Ans: No, not as regards power. They depend entirely on deception and on the lack of attention or powers of observation by some defensive player.

33. How long should the backs block when our team is punting?

Ans: Until they hear the thud of the ball against the kicker's instep.

34. What is the best type of offense for a light, shifty backfield?

Ans: Spread both the line and backfield, using plays involving forward pass, tricks and running plays where the fast backs have a chance to get under way. A light, shifty backfield should use a shift attack though they should not neglect entirely developing concentrated punch into the line.

35. Which is better, to put your guards running interference on running plays against the secondary defense, or to use them against defensive linemen?

Ans: I have found them more effective against the defensive linemen on account of the angle. However, a combination of both should be used.

36. What is the best way of teaching cross-blocking to green linemen?

Ans: Have them walk through it first many times and gradually accelerate the speed, stressing the fact that the linemen must not lunge but must take short, digging steps, holding their feet.

37. How would you arrange your backfield on kick formation if your kicker is left-footed?

Ans: I would use the same formation, namely, two backs in a tandem on the right, but when we kick the two backs on the right will block to the left and the back on the left will block to the right.

38. How many plays should the average high school team have?

Ans: From ten to fifteen should be enough. Never more than twenty.

Tactics and Strategy

39. On the kick-off do you think it is better to try for a touchback or to kick the ball high and fairly near the goal line?

Ans: If I had a man who had the length of leg to get a high average of kicks for touchback, I would prefer the touchback. It is safe and easy on your men. However, if your kick-off man cannot do this, then I should kick for

height; against the wind, or on a wet, rainy day a rolling kick-off may be preferred.

40. The score was 20 to 3 in our favor in the middle of the second half. The other team has just scored seven points, making the score 20 to 10. Our team has shot its wad offensively and is quite tired; the other team is coming stronger. Everything else being normal, what shall we elect to do? Kick or receive?

Ans: I would elect to kick-off, making the other team march as far as possible to earn any more touchdowns, being alert for breaks of any sort. It is more tiring to play offensively than defensively and the team carrying the ball may try a dangerous forward pass or they may fumble, both of which we must be alert for.

41. Where are the bad lands and why should they be avoided?

Ans: Lane each side of the field, five yards wide. Getting in there may cramp your style of play. May have to waste a play to get out.

42. Safety calls for a fair catch. Two opponents tackle him at the same time. Does this necessarily call for a penalty?

Ans: No, not unless fair catcher was knocked off his feet?

43. What is the greatest danger of the Huddle System?

Ans: Developing eleven quarterbacks at once.

44. You are deep in your own territory, you are ahead, impossible to gain by straight football, kicking is very ordinary. What might you use?

Ans: A long forward pass forty or fifty yards in length might be used to advantage.

45. Kick to whom on kick-off?

Ans: Kick to either one corner or the other if you have no man capable of kicking for touchback, keeping the ball away from the star ball carrier.

46. Defensive team pulls their guards out and around. What kind of play to take advantage of this?

Ans: Delayed bucks, split bucks, cut back plays.

47. Third down, fifteen, on our own twenty-yard line, score 0 to 0, in middle of first half, kicking very ordinary, run-

ning attack not good. What might we try? It is imperative that we get out of our own territory and evidently our running and kicking game is not able to effect this.

Ans: Might try a trick play or an exceedingly long forward pass.

48. We are on the opponents' four-yard line and have second down goal to go. What will we NOT try as yet?

Ans: A forward pass.

49. On a goal line which is best, power or speed; quick deception or delayed?

Ans: This will depend on defense. If the defensive line is jammed tight, speed and quick deception are more effective. If the defensive line is at all loose, power and delayed deception should be preferred.

50. What is the value of a fake kick play?

Ans: To prevent the defensive ends and possibly tackles from committing themselves too much to blocking the kick.

51. Should it be used early or late?

Ans: It should be used early and will tend to make your kicking game somewhat safer.

52. When should the quick kick be used?

Ans: Whenever the safety man on defense is drawn up too close.

53. When should a team kick?

Ans: A team should kick on first down in the danger zone and if they have a strong kicker and a strong wind; should continue kicking on the first down until they get the ball past midfield. A team should kick on first down continually if the other team has a safety who does a lot of fumbling. Should kick continually on a wet, slimy day until they get into the offensive territory. Against the wind they should as a rule wait until the fourth down until they kick. Quarterback should kick whenever he is in doubt.

54. If the wind is blowing diagonally down the field, how can you best utilize it?

Ans: By wasting a play and carrying the ball over to that side from which the wind is blowing.

55. If you have the wind with you at the start of the game, under what conditions will you kick on first down? When will you not kick on first down?

Ans: I would kick on first down if I were in the danger zone and had a good kicker. I would kick on first down if the other safety man was weak handling punts. I would kick on first down against a powerful defensive team. I would not kick on first down if I had a weak punter. I would not kick on first down if the team we are opposing is abnormally strong offensively but weak defensively.

56. When is it wise to hurry up plays?

Ans: When you have the wind with you; when you are behind; when you are in the scoring zone; whenever your team is hitting on all cylinders offensively.

57. When is it wise to slow down plays?

Ans: Whenever you are ahead; whenever you are playing against the wind or when you are in your own territory. It is also wise to slow down play whenever your team is becoming tired.

58. If you had the wind with you and you had the ball, fourth down, two yards to gain on opponents' thirty-yard line, ten minutes to go before end of game, what play would you use if you were ahead 7 to 6? The ball is near the center of the field.

Ans: If I were ahead 7 to 6 I would punt the ball out of bounds as close to the goal line as I could.

If you were behind 6 to 0?

Ans: If I were behind 6 to 0 my choice of play would depend largely on what I had encountered in the fifty minutes of play. If I had found my running attack stopped dead all day and not functioning, I would throw a forward pass as the defense would not be looking for it. If the defense was set for a forward pass, under the same conditions I would try my strongest running play or a trick play if I had used none up to this point. If, however, we had gotten to the thirty-yard line by making several first

downs in succession and it looked as though the defense were crumbling, I would crack it to them with my strongest play.

If the game was even 0 to 0?

Ans: If the game were even 0 to 0, and I had a good place or drop kicker, I would try to place or drop kick. If I lacked these specialists, then I would have to try and punt out of bounds as close to the goal line as possible and depending on a blocked kick or some other misplay on the part of our opponent to turn the game our way.

59. If the other team has a strong wind with them, what tactics would you use?

Ans: You would have to rush the ball a sufficient distance to offset the distance which the team with the wind has outkicked you.

60. How should your most powerful play be used?

Ans: As a rule it should be saved for offensive territory and there it should as a rule be used on first down.

61. If there is no particular wind, and the other team is decidedly outkicking you, what will you do?

Ans: In own territory use safe rushing attack to make up distance you are outkicked. If other team also rushes an equal amount of yardage, then to get out of your own territory you may have to use a long pass at the right time.

62. If you have been using flank plays a number of times, and now the opponents are beginning to cut down the size of your gains, what can be done to make your flank plays more effective?

Ans: You will have to use some concentrated line bucks to make the defensive team again tighten up their line.

63. Suppose you have a much superior kicker but your opponents have a much superior rushing game. There is no wind. What would be your tactics?

Ans: If the other team is weak defensively, you will have to hold the ball as long as possible. If, however, your rushing attack is not good, you will have to wait until

fourth down to kick and play for the breaks. I would not take any chances as long as the game is even.

64. Is it ever wise to purposely make a safety?

Ans: Yes, if there is a strong wind against you and you are three or more points ahead near the end of the game, I would purposely make a safety. This is particularly true if we had a real slow kicker who blows up when kicking under pressure, but kicks well when given plenty of time.

65. Ball is on your opponents' eight-yard line, goal to go, fourth down, seven minutes to play. What would you do if you were ahead 10 to 7?

Ans: I would use a trick play of some sort and not try to place kick as it might be blocked. Idea is to keep opponents in the hole at this stage.

If the game were even 0 to 0?

Ans: I would place kick or drop kick.

What would you do if you were behind 0 to 6?

Ans: Try a trick forward pass.

What would you do if the score was 6 to 7 in opponents' favor, ten seconds to play?

Ans: Take TIME out and call for place kick or drop kick.

66. Ball is on opponents' thirty-five yard line, fourth down, one yard to gain. What will you do if we are ahead 7 to 6, ten minutes to play?

Ans: Kick the ball out of bounds as close to the goal line as possible.

What will you do if the gave is even, ten minutes to play?

Ans: I would call my sure back, the man who would not gain much but who gains surely, in the best play which he has.

What will you do if the game is even, thirty seconds to play?

Ans: Best forward pass in the bag.

What will you do if you are behind 0 to 6, ten minutes to play?

Ans: I would use the best rushing play I had.

What will you do if you are behind 0 to 6, thirty seconds to play?

Ans: Trick forward pass.

67. What plays are best to save for such a time as you may be up against it in the scoring one?

Ans: Plays involving quick deception. They start the same as the other plays but end up differently.

68. The ball on your own fifteen-yard line, second down, ten yards to gain. The game is early and even and practically no wind. What will you do?

Ans: Punt.

69. Ball on your own twenty-five yard line, third down, two yards to go. Starting of fourth quarter, practically no wind. What will you do if you are ahead 7 to 0?

Ans: Punt.

What will you do if the game is even?

Ans: Use safe play calling on ball carrier who never fumbles to try and make first down. A punt, however, would be the thing if you had a powerful kicker.

What will you do if you are behind?

Ans: Long Forward pass.

70. Ball in center of field, third down, ten to gain, game even. Fifteen minutes to play. What might you do?

Ans: Might try long forward pass for corner of field where interception or incompletion could work no harm.

71. Ball on your opponents' twenty-four yard line, fourth down, one half yard to gain. What would you do if you are ahead 7 to 6, three minutes to play?

Ans: Use your sure ground gainer, the chap who is sure though not necessarily so brilliant, on a play which does not gain big yardage but which is generally sure of a yard or two.

What will you do if the score is 7 to 6 against you?

Ans: Place kick or drop kick. If I had no specialist who could place kick or drop kick with any degree of certainty, would again use my sure back on his best play.

What would you do if the score is 7 to 6 against you and there are only twenty seconds to play.

Ans: Take time out. Place kick or drop kick. If you have no place kicker or drop kicker, best forward pass in the bag, preferably one of the deceptive type.

72. Ball on the fifty-yard line, fourth down, six inches to gain at the start of the second quarter. What will you do if the game is even?

Ans: Punt.

What would you do if you were ahead 7 to 6 with about five minutes to play?

Ans: Punt.

What would you do if you were behind 6 to 7 with about five minutes to play?

Ans: Make first down if possible.

73. Ball on your own twenty-yard line, second down, eight to go, middle of third quarter, game even. We have a light wind against us. We have a good kicker. What play?

Ans: Punt.

74. Ball on your opponents' thirty-yard line, fourth down, five yards to go, middle of second quarter. Against normal defense, what would you do if you were ahead 7 to 6?

Ans: Punt out of bounds as close to the goal line as possible.

What would you do if the game were even?

Ans: Try place or drop kick if I had an expert specialist in this line. Otherwise I would again punt out of bounds as close to the goal line as possible.

What would you do if you were behind 0 to 6?

Ans: If I had an expert specialist, would still try place or drop kick, hoping that in the second half we can score touchdown and in that case win the game. If we have no expert place or drop kicker, might try short, high punt, hoping that safety man will mishandle it.

75. Ball on our own thirty-five yard line, first down, ten to go. Score 7 to 6 in your favor with seven minutes to play. No wind. What would you use?

Ans: Strongest running play we have. Would play it deliberately to consume as much time as possible, holding the ball as long as we can. Would not kick until I had to. 7 to 6 in our favor is just as good as 14 to 6. Game must be played safe.

What would you use if the score was 7 to 7?

Ans: As the score 7 to 7 shows that our running attack has not been going particularly well, I would either enter a long forward pass on first down to catch the defense napping, pass at least forty yards in length, or I would kick on first down and play for the breaks.

What would you use if the score was 6 to 7 and you were behind?

Ans: Use my strongest running play on first down, laying for a chance to use forward passes and trick plays.

76. Which is the most important to know: weak spot in your opponents' team or the strength of your own plays?

Ans: Weak spots make plays strong.

77. What do you have to gain on first down to be able to consider yourself a little bit ahead of the defense?

Ans: Four yards or more.

78. Is it ever wise to surrender the ball on downs on purpose?

Ans: If you are ahead and the ball is in your possession on the five-yard line, close to the side lines, with a very short time to play, fourth down goal to go, it might be wise to purposely give the ball to the opposing team close to the side line where they can do nothing with it.

79. A long run has brought the ball to the eight-yard line and out of bounds. If you have a normal offense, how far will you bring the ball in, and what kind of play will you call?

Ans: Bring the ball in fifteen yards and use an off-tackle play towards midfield.

80. Score is 6 to 0 against you, ball in your possession on opponents' forty-yard line, one minute to play. On the first play you tried a long forward pass which was incomplete. What play now?

Ans: I would take time out first and then call for any kind of a fool trick play you might have in the bag. Throw discretion to the winds and take any kind of a desperate chance.

81. If you have the ball on your own thirty-yard line, first down, and you want to use a play, what would be a good one?

Ans: Inside tackle play from punt formation.

82. What style of game would you play on a wet, rainy day?

Ans: Play a kicking gome. Let the opponent carry the ball and do the fumbling.

83. What style of game would you play on a very windy day?

Ans: Kick, forward pass and run, rushing plays off quickly with the wind. Play deliberately, try no forward passes and kick only when you have to against the wind.

84. In offensive territory, on what down should your strong play be used?

Ans: On first down.

85. Suppose you had the ball on the opponents' one-yard line, fourth down, three line plays having previously failed, ten minutes to play, score is 7 to 0 in your favor. What play on fourth down?

Ans: Thrust play involving either quick or delayed deception.

Score is 0 to 0, what play will you use?

Ans: Place or drop kick.

Score is 7 to 0 against you?

Ans: If defense were not looking for it, trick forward pass. Otherwise, thrust play involving delayed or quick deception. However, if the defensive line is drawn in tight it would not be wrong to use an end run with a fast back carrying the ball.

86. When might you forward pass on first down?

Ans: If a running attack had not been going and we were getting near the end of a game, I might forward pass on first down. If we had a very weak punter we might try

a long, forward pass on first down even deep in our own territory. If the defense, because of an unorthodox placement of men, presented a glaring weakness against the pass, I would forward pass on first down so as to be able to take advantage of this golden opportunity.

87. When might you use the quarterback sneak through center on first down?

Ans: If, on first down, the defensive center was in the habit of pulling out quickly to protect either flank, this would call for a quarterback sneak when next your team has first down ten.

88. When might you forward pass when near your own goal line?

Ans: If you were behind near the end of the game or if the defense presents a glaring weakness, i.e., putting nine men in a line to block anticipated kick, etc., you might forward pass near your own goal line if you had a weak kicker. (Pass must be long.)

When might you forward pass when near your opponents' goal line?

Ans: Pass on the fourth down when defense presents glaring weakness or when defense is palpably not expecting a pass.

89. What is the best method of scoring the extra point after touchdown?

Ans: Place kick.

90. If a defensive team has a weak spot, how should it be used?

Ans: It should not be used too much or the other coach may make a substitution which will correct this weak point. Nurse it along and use it only when you have to and you will have something to fall back on when you get into difficulties in the scoring zone.

91. Suppose you had the ball on opponent's twenty-yard line and there is ten minutes to play. The score is 0 to 0, third down, one yard to gain, what play?

Ans: I would call on a play which, if it makes first down, fine; however, this play, if it fails to make first down, should leave you in fine position for place or drop kick.

92. The ball is in our possession, in the middle of the field and we are ahead 7 to 6. What tactics should we pursue here?

Ans: Play deliberately, play it safe (no forward passes) and try and hold the ball as long as possible. The opponents cannot score as long as we have the ball.

93. Suppose your fool quarterback waited until fourth down to kick near his own goal line and as they line up in kick formation the defensive team places nine men on the line of scrimmage in their effort to block the kick. What will you do if the score is 0 to 0?

Ans: Pull your ends in tight, everybody block. The man punting should try to kick down the field and out of bounds. Man should kick as far down the field as possible and yet out of bounds.

If the score is 3 to 0 in your favor, two minutes to play?

Ans: Make a safety.

If the score is 7 to 6 in your favor, two minutes to play?

Ans: Play it safe by pulling your ends in tight, everybody block, and the kicker again kicking as far as possible down the field and out of bounds.

If the score is 6 to 0 against you, ten minutes to play?

Ans: Forward pass.

94. Suppose you are about to kick on the second or third down and as you line up in kick formation you notice that the defensive center has left his position and has pulled over to the weak side between the tackle and end. What will you do?

Ans: Line plunge over center.

95. What is the last down you would wait to kick on a wet, muddy day?

Ans: Third down.

96. When is it advisable to use series plays?

Ans: When you are behind near the end of a game or when you get in the scoring zone.

What is the greatest number of plays you can use in a series?

Ans: Two.

97. In case you have only thirty seconds to play and time is getting short, what might you do in order to utilize to a maximum these thirty seconds remaining?

Ans: Take time out and there is no time being consumed again until the ball is actually snapped back by our center.

98. If your opponents have a weak man playing back safety, I mean weak handling punts, what will be your tactics?

Ans: Kick to him continually.

99. Suppose the score is 7 to 6 in our favor but the other team on the offense have just completed three passes. They have reached our twenty-yard line and there is only about ten or fifteen seconds to play. What might our defensive team do on the next play which will obviously be a forward pass play?

Ans: Under these conditions it would not be bad football to tackle every forward pass receiver on or behind the line of scrimmage.

100. When you are sending in an entire backfield, when is the best time to do this?

Ans: When our team has just been placed on defense, as this will give the backfield a chance to get warmed up a little bit before they have to go on the offensive.

101. Score is 12 to 9 in our favor and we have fourth down, on opponents' one-foot line, five minutes to play. What will we not do?

Ans: We will not forward pass.

102. How play, ball in our possession, middle of field? We are ahead and three minutes to play.

Ans: Play slowly, deliberately, and absolutely safe. We must throw no forward passes.

103. How play against a team which has a powerful offense but no defense?

Ans: Hold the ball, carrying it as far as possible and

give it up to the opponents by means of a punt only when you are absolutely forced to.

104. What play, third down, one yard to go, opponents' twenty-yard line, you are behind 0 to 3 with ten minutes to play?

Ans: Some coaches might say that this situation was ripe for a forward pass but I would prefer to use my surest ground gainer on his best play, a play which did not make much yardage but enough to make first down again. If I now found my running attack in danger of being stopped, would play for position to get place or drop kick.

105. Early in the game we have the ball in mid-field, fourth down, one foot to go, slight wind against us. What play?

Ans: If the score were 0 to 0, I would punt.

106. Under what conditions would you not forward pass?

Ans: I would not forward pass near opponents' goal line except on fourth down; I would not forward pass near my own goal line unless I were behind near the end of a game; I would not forward pass near the end of a game if I were ahead; I would not forward pass against a strong wind; I would not forward pass when the defense is apparently looking for it; I would not forward pass unless I had a good forward passer.

107. We have the ball in mid-field, third down, eighteen to go. The second quarter is just starting and the game is even. What shall we play?

Ans: I would throw a long fifty-yard forward pass down either side line. If completed it means a touchdown. If incomplete it means merely the loss of a down. If intercepted, it should still be just as good as a punt.

108. What play, fourth down, eighteen to go, on opponents' forty-yard line? We are ahead 7 to 6 and there are only about two minutes to play.

Ans: If I had a man who could throw far enough, I would throw a forward pass which, if incomplete, would be incompleted behind the goal line for a touchdown. If, however, I lack a thrower with length of arm to throw

that far I would punt down the field out of bounds and as close to the goal line as possible.

109. Suppose you have been using a shift attack and the other team is beginning to overshift against your shift, what play would you think of?

Ans: Reverse and other come-back plays.

110. What is the shortest distance from the side-line at your right that you would try to punt, and why?

Ans: Five yards, as closer than that would be dangerous. A ball going off the side of the foot at all in latter case would go out of bounds almost immediately.

111. Suppose we have the ball on the opponents' thirty-yard line, fourth down, five to go. We have no place or drop kicker and the score is even. What might we try here if there are still ten minutes to play?

Ans: Punt out of bounds as close to the goal line as possible, or short high punt.

What play if there are only thirty seconds to play?

Ans: Any forward pass.

112. If we are playing against a strong defensive team, there is no wind and we won the defensive toss, shall we kick-off or shall we receive?

Ans: Kick-off.

113. How can one get away from so much forward passing on third down?

Ans: Early in the game do a lot of kicking on third down and do more forward passing on second down.

114. What should the coach on the side-line pay particular attention to when his team is playing a game?

Ans: He should pay particular attention to the line play, which is difficult to observe. The work of his ends and backfield, both offensively and defensively will be so in the open that it will not be difficult to detect weaknesses there. However, the line plays should be observed closely for weaknesses. A weakness in the line corrected may often change the tide of battle. In the lull between downs the

coach can occasionally look over closely the plan of defense or plan of offensive formation of the opponents.

115. We have the ball on the opponents' eleven-yard line, third down, one, game is early and even. What type of play shall we attempt to use here?

Ans: Will not use a plunge play which gets only a yard or two, but would use my best off-tackle play which is generally good for four or five yards. This will give you first down closer to the goal line.

116. We have the ball on the opponents' ten-yard line, in the center of the field, third down, one to go, with ten minutes to play. We have been lucky to get there. A bad kick by the opponents and the fact that one of their linemen slipped has been responsible for our present fine position. We haven't made first down all day, the score is 0 to 0. What shall be our strategy?

Ans: I would use the best plunger on the best play we have on the straight ahead play. If we made first down, all right, fine. However, if we fail to make first down we must still be in good position for place or drop kick. In fact, the quarterback directing the attack if he has made first down under the above conditions must bear in mind position for place or drop kick.

117. Under the same conditions as the above question, except that the score is 0 to 6 against us, what shall we play?

Ans: Forward pass or trick play.

118. We have third down one on the opponents' ten-yard line, close to the side-line. Other conditions same as in question No. 116. What shall be our tactics?

Ans: First play should be a wide off-tackle play toward the center of the field. If first down is made, fine. If we fail to make first down we have gotten in position for place or drop kick.

119. Conditions same as above except that score is 0 to 6 in favor of our opponents. What shall be our tactics?

Ans: Trick forward pass on first play, if that fails on fourth down use the best rushing play you have, playing

the defense, hoping that first down can be gotten. If first down is gotten then take any desperate but intelligent means of scoring.

120. It is our ball, fourth down, eight to go, on opponents' fifteen-yard line, score is 0 to 6 against us with six minutes to play. What shall we use?

Ans: Trick pass.

121. Will the new rule as regards the forward pass change the tactics of strategy of the game to any great extent?

Ans: New rule will have practically no effect on the present tactics or strategy of the game.

122. Will the new safety rule entirely eliminate the intentional safety?

Ans: No, but it will cut it down to a minimum and to a point where the use of the intentional safety will not impair the game.

123. What are the forward pass plays for the diamond defense?

Ans: Short pass into the flat zone and a long pass over the defense halfback when play swings to offensive team's right.

What are the forward pass plays for a square defense?

Ans: Long forward pass up the middle.

124. Would you use long or short pass against square defense?

Ans: Long pass.

Against diamond defense?

Ans: Short pass. Both questions, of course, are answered in a general way only.

Defense

125. What is the best method to drill against forward pass?

Ans: Take center, skeleton backfield, and two ends and try to complete passes of any kind against a defensive backfield. It will be rather difficult to prevent completion of forward passes under these conditions as there will be nobody rushing the passer and no one jamming the receivers, preventing them from getting out in the open, so if your defensive backfield can acquire skill in preventing

passes under these conditions it ought to be comparatively easy in the game.

126. Would personnel make any difference in deciding between the diamond and square defense?

Ans: It takes faster men to handle the square defense and hence if I had slow men I would prefer the diamond.

127. How would you stop end around plays involving a spinner by the man who originally gets the ball?

Ans: The center, two guards, weak side tackle and end can stop the original man getting the ball, while strong side tackle and end along with the defensive fullback can stop the end around plays.

128. On the spinner plays, what should the ends watch?

Ans: The weak side end should smash in ahead to stop the man who originally has the ball before he gets to the line of scrimmage. He should be able to do this on account of the delay. The strong side end should concentrate on the back faking wide so as to be able to stop him in case he has the ball.

129. What can be done to stop forward pass play where the offensive left end delays and cuts in short and sharp toward mid-field?

Ans: Can be covered best by defensive center.

130. How will you defend against a five-men screen pass to the flat zone on either side?

Ans: Drop the end back on that side, pull your defensive halfback up fast and if you have a clever guard he can roll out in the flat zone also as soon as he senses what is coming.

131. How should strong side tackle play against an enveloping back?

Ans: He must never allow the enveloping back to get outside of him.

Guard?

Ans: Strong side guard should play off the outside shoulder of the man who is playing second from the end of the offensive line.

132. How should the weak side tackle play against a formation where there are two enveloping backs?

Ans: Should play well inside of the enveloping back. In fact, in front of the man who plays on the end of the line of scrimmage. In other words, he should break through fast but on the inside.

133. When should an open center close into line?

Ans: When distance to be gained makes it look as though line play would develop. Generally on fourth down.

134. Which of the two, offensive or defensive, is most likely to incur penalty during play?

Ans: About five to one that it will be the offense.

135. If we are on defensive, and the offensive team has just made two or three long gains, what should we do?

Ans: Take time out, try to talk it up, correct weak point and restore morale.

136. What is the best method for defensive linemen to use in breaking up cross-blocking or scissoring?

Ans: As soon as they sense it, defensive linemen should stop charging, stay on the line of scrimmage and play the scissoring offensive linemen with their hands and, if necessary, drop knee.

137. What is the best way to play against the shoulder to shoulder charge?

Ans: Submarine underneath, bull neck coming up again immediately, continuously driving with short, digging steps. Do not go to the ground on the stomach.

What is the best way to play against quick opening line charge?

Ans: Play higher and charge ahead, towards the ball carrier, using hands.

138. When offensive team is using the line shift, what is the best method of defense?

Ans: Place each tackle wide where he would normally be in case the line shift comes in his direction. Drop your guards and center back a yard to shift with the offensive

line. The weak side tackle and end in that case, of course, merely close in.

139. If the offensive line shifts in one direction and the backs shift to the weak side, what is the best defense.

Ans: The weak side tackle and end, instead of closing in, merely stay out wide and the defensive center who has kept his head up, calls out loud, "weak side," and quickly shifts back to the weak side. This should kill the formation which is not strong as there are no linemen to speak of in front of the offensive backs. If the defensive linemen are alert, this formation should be easily stopped.

140. As a rule what is the best defense against spread formations?

Ans: Use your guards and tackles to stop rushing attack and to rush the passer. Drop the ends and center back five yards to help play against that which this formation does best, namely, the forward pass.

141. When is it wise to open up your line on defense?

Ans: When the offensive team has second or third down, big yardage, or when the opponents have the ball in their own territory.

When is it wise to close up your line on defense?

Ans: When the offensive team has second, third or fourth down, small yardage to gain, or when they are getting close to the goal line.

142. When opponents punt, what men must be blocked or checked going down the field?

Ans: Their men who are best at covering kicks. These are usually the ends, and either their left tackle or center.

143. In case opponents double pass, what must weak side end and tackle do?

Ans: The weak side end and tackle must come in fast, alert for this double pass. They should come in fast so as to kill the play before it has a change to get under way.

144. We are on defense, and the score is 7 to 2 in our favor, two minutes to play. What will we look for if the offensive team takes place kick formation?

Ans: Forward pass or trick play. Never mind the place kick.

145. Suppose the offensive team has second down, twenty five to gain. What will the defensive team be looking for and where will the defensive center play?

Ans: The defensive team must be looking for a trick play or forward pass. Defensive center must drop back several yards and so will the weak side end.

146. There are two minutes to play, and the opponents are ahead, and have the ball and are stalling. What will you do?

Ans: You might take time out.

147. How should the defensive line play on its own yard line?

Ans: Down low, tight and underneath, charging into spaces.

148. If the other team pulls a new formation which you have not seen, how will you analyze it?

Ans: You will first ask yourself the question "what can they not do so well from this formation?" You will then be able to concentrate against their strength by drawing men on defense away from that threat of attack which the formation cannot threaten so well.

149. Which is the more important on defense, the eye or the ear?

Ans: The eye.

150. The opposing team has the ball on the twenty-five yard line, fourth down, four to go. The score is 7 to 7 and there are three minutes left to play. If the opposing team takes place kick formation, it is wise for the defensive team to put the defensive fullback up on the line of scrimmage on the weak side?

Ans: Not if the other team has a clever quarterback, as he would see it in a minute and would forward pass into territory vacated by full. However, if it can be done as a surprise, it is good football.

151. What is the best artificial way to develop use of hands for use of linemen?

Ans: Boxing, stand-up wrestling and hitting a big sand

bag with both hands, allowing the hands to travel only a few inches.

152. Why do the defensive linemen as a rule use their hands rather than just merely charging into space with their bodies and bull necks?

Ans: Because the hands are the fastest moving part of the body.

153. What is the thing that the defensive fullback and center must be able to do if they are to have full efficiency?

Ans: They must be able to run, look, and analyze at the same time.

Shift Play

154. What kind of an offensive line charge would you use if you are using a shifting line and the line is comparatively green?

Ans: I would use a shoulder to shoulder wedge charge in the line. I would do this because your offensive line could then stay intact in their charge regardless of how the defense placed themselves.

155. How best develop rhythm for double shifts, so that both backs and line hit together and get off together?

Ans: Have the back who shifts the farthest distance in the backfield count out loud and the rest of the team must adapt itself to this cadence. If you have a player who lacks the sense of rhythm, he will be inferior in offensive play which involves a shift attack. As a team gets experience past mid-season it may be found possible to discontinue the counting out loud in the game, though it must be continued all during the week in practice.

156. Isn't it foolish to attempt to teach a shift attack in the fall?

Ans: To a group of men who have never had a shift attack, I would say yes. The timing, rhythm and ease of movement take quite a bit of time to develop, and unless I had a spring practice in which to perfect this to a certain extent I believe I would use a set attack in the fall.

Center Play

157. Name in order the essentials of a good center offensively.

Ans: Must be able to pass accurately, neither too high nor too low; neither too fast nor too slow. Must have a fine sense of rhythm so as to be able to pass the ball at the right instant; must have fine pep and enthusiasm and keen intelligence; must be good blocker and charger; good man down the field under punts.

Defensively?

Ans: Must be fast enough to be able to defend against a forward pass; must be fast enough and a fine tackler so as to be able to help against flank plays; must be rugged enough so as to be able to plug up the line against concentrated line plays over center; must have a fine sense of diagnosis so as to be able to smell a play ahead of time; must be able to run, look and analyze at the same time, and when the ball carrier changes his direction or intent, the defensive center must be constantly able to adapt himself; should have a fine inspiring voice and enthusiastic personality; should be a leader of the defensive line; should be on the ball, following it like a hawk all the time.

158. Suppose you are playing offensive center, and you saw the defensive center drop back several yards and start running at you, so timing himself with your shift that he will hit you just as you are passing the ball. What will you do?

Ans: Hold the ball.

159. When will the offensive center hold the ball?

Ans: The offensive center will hold the ball whenever one of his own side are off-side, backfield is clearly in motion, or he sees or hears that one of the backfield men has missed the signals.

When will he pass it?

Ans: He will pass the ball whenever a defensive line player is off-side.

Guard

160. What is the best defensive move of guard when offensive guard pulls out into interference?

Ans: The defensive guard can do either of several things because the offensive team cannot, of course, come back over his territory now with any strength. First, he might try to crash through the gap left vacant by the offensive guard and try and shove the offensive guard into the interference or to get into the interference or the ball carrier himself. Against a very clever and efficient team, however, this may not be feasible and the guard might be more effective fighting his way through the line of scrimmage more cautiously and under complete command and control, going back in as far as he can, laying for a cut back play, reverse play or in case of a forward pass, to put pressure on the passer. A real experienced guard may be taught to roll out along the line of scrimmage under these conditions, out into the flat zone, and there function very much the same as a defensive center does against wide runs and passes. However, this latter method can be taught only to keen, intelligent guards of wide experience.

161. When should defensive guard play the gap between two men?

Ans: When the offensive formation and the tactical situation is such that the defensive guard cannot play either in or out but must go through in his own territory.

162. Does the guard ever drop back? When?

Ans: Yes. This is one of the best methods of defending against a screen pass. Whenever the defensive guard senses the offensive line filtering by him, he should drop back into his own side, looking for the end or back out of the corner of his eye and playing him and the ball for a short forward pass.

163. Name in order of importance the essentials of a good guard offensively.

Ans: Ability to pull out into interference quickly and effectively; ability to charge straight ahead; ability to block; ability to cover kicks; ability to clean up secondary. Defensively?

Ans: Ability to protect his own territory; ability to protect his own territory and at the same time be able to extend himself over a wide territory without leaving his territory open; ability to diagnose and anticipate; ability to take punishment and come back twice as hard; ability to talk it up and be a leader; ability to rush the forward passer or the kicker; ability to defend against a screen pass; ability to knife through at times and tackle the ball carrier behind the line of scrimmage; ability to make his presence felt all over the field.

164. What should a guard do when he breaks through a line?

Ans: He should have his legs under him and have himself under control so that by instinctively turning towards the ball carrier he can lunge at him by either leaving his feet or by squatting low and getting a hand on him, holding on for keeps. Should not break through so unbalanced as to be helpless.

165. If you are playing guard on the side receiving kick-off, for what must you be alert?

Ans: On-side kick. Also, do not try to handle low kick coming a mile a minute. Let that kind of a kick go on through.

166. How do you teach guards to pull out into interference in running plays?

Ans: Some coaches prefer the pivoting system. However, I personally prefer to have the guards cross the inside leg over the outside quickly, first pulling and then pushing off with the outside leg, shoving off with the inside hand. The trunk is contorted as quickly as possible and the man's weight must decidedly overbalanced in the direction he is going. Man should stay down low like a bloodhound on the trail, with his legs wide apart, head up and eyes open, with his mind made up from the start and his

eyes looking as soon as possible for the defensive men he is supposed to "get."

Tackle

167. What should the defensive tackle do if he is being boxed in continually by enveloping back?

Ans: Move out a little bit and play the enveloping back more from the front.

168. What should defensive tackle do when offensive end plays outside of him?

Ans: Start moving around more, charge through faster, using hands and point the outside leg towards the end.

169. Should defensive tackle smash interference, or tackle runner?

Ans: Both.

170. Name in order the essentials of a good tackle, offensively.

Ans: Ability to charge and make a hole; ability to block; ability to cover kicks; ability to catch forward passes; spirit and enthusiasm; leadership; ability to clean up secondary.

Defensively?

Ans: Ability to aggressively clean up opponent, cross the line of scrimmage and get back into the backfield; ability to telescope or jam up plays aimed inside of him; shifty on feet; powerful forearm; good head; ability to rush forward passer intelligently; ability to block kicks.

171. What should the tackle do on inside plays?

Ans: If big enough and powerful enough, can telescope plays. If not, should make tackle themselves.

172. What do you tell your defensive tackles to do when they are supposed to rush the forward passer?

Ans: "Chop his arms off."

End

173. How should strong side end play against a formation involving two enveloping backs?

Ans: Should come in fairly wide without committing him-

self so as to be able to stop wide plays or be able to cover his zone against a five-man forward pass.

Weak side end?

Ans: Can come in head first and smashing as a rule unless the tactical situation is such that a forward pass is expected, in which case he will wait on the line of scrimmage and play the weak side zone for a pass.

174. Name in order the essentials of a good end, offensively.

Ans: Ability to box tackle; speed and elusiveness in being able to cover kicks; speed and skill in catching forward passes; ability to clean up secondary; ability to carry ball.

Defensively?

Ans: Ability to protect his territory against gains; ability to rush forward passer; ability to protect against forward passes; ability to prevent other end from covering kick; ability to block kicks; enthusiasm, endurance, fine kinostetic sense.

175. How does the end play against two backs who are coming out after them shoulder to shoulder?

Ans: Whenever possible fake one and play the other, play the head generally. When you have to play both of them, place a hand on head of each one of them and don't give ground. However, faking one and playing the other with use of side step, quick use of hands to the head, etc., is the best method. Always keep on toes, never be flat-footed.

Halfback

176. Against punt formations for what are defensive halfbacks alert?

Ans: Play involving fake attempt to kick, followed by forward pass.

177. Defensive halfback must not be misled by what? Particularly near the goal line?

Ans: Defensive halfback on the goal line must not be misled by fake line plunge, particularly one in which the

offensive END fakes as if blocking the tackle before he goes out for a forward pass.

178. Should defensive halfback try to catch short, low punts when he is blocking the end who is trying to cover the punt?

Ans: No. He should keep away from it.

179. Name in order the essentials of a good halfback, offensively.

Ans: Ability to hold the ball; ability to interfere; ability to carry the ball, which includes starting fast, following interference, picking holes, holding his feet, elusiveness; ability to drive for every inch; ability to dodge; know his position on the field; ability to forward pass and catch forward passes.

Defensively?

Ans: Ability to protect against the forward pass; ability to tackle; ability to diagnose and analyze; ability to prevent offensive end from covering kicks; pep, enthusiasm; ability to talk it up.

180. In case the offensive team were throwing forward pass to either of two men who are sent to the defensive halfback, how should the defensive halfback play?

Ans: Fake as though covering long man and then by coming up faster he can intercept pass thrown to short man or even if short man catches the pass he can tackle him for little or no gain.

181. On short passes in the flat zone, of what must the defensive halfback be careful?

Ans: He must be careful not to over-run in trying to intercept a short pass as in that case if the pass is completed, the receiver may go for a touchdown. In other words, he should play it safe. He should only try to intercept when he is sure he can. When in doubt, he should play it safe, tackle the receiver and the gains on passes of this kind are practically negligible.

182. When the defensive halfback has a chance to knock down a forward pass near his own goal line, what might he do?

Ans: If the conditions are right he might knock it back over the goal line for a touchback.

183. When a halfback carrying the ball gets clear in the open, what should he look for?

Ans: He should look for an interferer.

184. On off-tackle play, what do you tell your halfback who carries the ball?

Ans: I tell him to follow the flock of blue jerseys (our colors) and out of the corner of his eye to look for the defensive tackle and fullback, and be sure and elude these.

185. Who does the defensive halfback watch for his cue?

Ans: He watches the offensive end.

Fullback

186. Is it good football for the defensive fullback to hit interference on a quick opening play, or is it better to sidestep, and then get the man with the ball?

Ans: He should do no side-stepping. Should meet the interference as soon as possible and smash right through it or over it to the ball carrier.

187. Name in order the essentials of a good fullback, offensively.

Ans: Ability to hold the ball; ability to interfere; ability to block; ability to plunge, involving quick starting; ability to pick holes; ability to hold feet and drive for every available inch; ability to be deceptive; ability to throw and catch forward passes; ability to fit in with the rest of the backfield.

Defensively?

Ans: Ability to tackle; ability to diagnose; analyze and meet plays quickly, clearly and decisively; ability to defend against forward passes; ability to block linemen from going down the field; pep, enthusiasm, positive effect on morale.

188. What is generally the position of the defensive fullback against difficult formations?

Ans: He should always be in front of the score of backs and about as far back defensively as the offensive fullback,

though of course his exact position is determined also by the tactical situation.

Quarterback

189. A punted ball hits the safety's hand on field of play but continues on and rolls across the goal line. What should safety do?

Ans: Go back and fall on it.

190. When is it advisable to make a fair catch?

Ans: It would be advisable for safety to make a fair catch whenever the ends on the kicking side are down on the receiver. Against a team kicking from behind its own goal line across the field with a short time to play it might sometimes be advisable to make a fair catch.

191. If you see a defensive halfback limping, what will quarterback do?

Ans: Call for a play which will involve a forward pass into limping halfback's territory.

192. What kind of association must the quarterback use in order to increase the radius of his sequence of plays?

Ans: He must associate each one of the seven defensive holes with particular plays in his repertoire. He must also continually bear in mind forward passes that hit every zone on defense, and, last but not least, punt.

193. Name in order the essentials of a good quarterback, offensively.

Ans: Personality involving leadership and respect; fine voice; keen, active analytical mind; ability to observe and keen imagination; ability to interfere and block; ability to carry the ball; ability to forward pass; ability to kick. Some of these latter are not really essential.

Defensively?

Ans: Ability to tackle; ability to defend against the forward pass; ability to catch punts; ability to return punts; ability to see weaknesses in his own defense; ability to be at the right place at the right time.

194. How should a quarterback run his team against a weak opposition?

Ans: Look for strong points and play these. The idea is not to run up a big score but to get some practice.

195. What should the man playing safety do when he sees a punt roll as though it would surely go across for touchback, but one of the offensive ends is going for it in order to fall on it before it crosses the goal line for a touchback?

Ans: Dive into the offensive end.

196. On offense, what is important for a quarterback to know regarding his own plays?

Ans: A quarterback on offense should know the assignment of every one of the eleven men.

197. Do you think it would be wise to ever allow your offensive center to call a signal?

Ans: No, because as he looks up over the defense he will call a play accordingly. The instant his head is down to pass the ball a clever defensive team will change its defense.

Psychology

198. Do you think it best to pep up a team before the game or wait until between the halves?

Ans: A team should have some edge before the game begins, not too keen an edge, of course. If they have no edge, between the halves is often too late.

199. Is it well to tell your men anything about playing against a team that plays dirty?

Ans: Yes. Tell them not to descend to the low tactics of the opponents. Call official's attention to dirty playing. As regards a team which does this sort of thing year after year, I would drop them from the schedule. Any team is liable to have a boy who may lose his temper now and then and no one should be blamed. However, if a team is habitually dirty year after year, then the coach is to blame.

200. Suppose you have not had much chance to study your squad in a new school and you made a mistake in handling

a temperamental fellow and as a result he gets in bad mental state. How correct?

Ans: Coach should never apologize. Find out who this boy's intimate chum is, who has his confidence, and he can square things by explaining from the coach's point of view.

201. The other team has been going through our lines just barely making first down several times. What might we do to take the edge off their enthusiasm?

Ans: We might insist on the referee measuring to make sure that they made first down or we might take time out on account of an imaginary injury on the part of some player.

202. Suppose one of our men is caught holding by an official. What should our captain do?

Ans: Above all the captain must say nothing to the official. Instead, he must impress upon the man who is holding that it must not happen again.

203. You have a man on your team who is continually calling signals over. What is this the sign of?

Ans: Rattle brains. No ability for sustained mental concentration.

204. Is it better to charge ON the charging number or the one after?

Ans: It is better to charge on the number *following* the charging number.

205. Suppose we have a nervous, high-strung player who worries so much about the game the last days of the week that by Saturday he is all in. What can the coach do to save his strength and send him into the game without this handicap?

Ans: Tell the boy on Wednesday that he isn't going to play and then change your mind just before the game and tell him he is going to play.

206. Suppose we have a phlegmatic player, a boy with lots of courage but absolutely no aggressiveness. This fellow could play wonderful football but for some reason he comes out but never extends himself. What can a coach do to jar

him loose from his complacency and play a real bang-up game of football?

Ans: The coach might go up to him and speak to him along this line: "I just heard that the faculty and student body are giving me an awful panning for playing you on the regular team. They say you are no good and yellow. Now what are you going to do this afternoon, go out and show me up and yourself up or are you going to go out there and show them that they are a lot of liars?" This has a startling effect at times.

207. One coach I know has his football team, before a game, gather in a room which is painted red, for their so-called "pep-talk." What do you think of this?

Ans: I think it is a lot of bunk.

208. Is it wise to bawl out the backfield man who is fumbling?

Ans: Absolutely no. If you bawl him out he will tighten and fumble worse. Leave him alone entirely or encourage him and he may get over his bad habit.

209. Suppose you have a forward pass attack which is not very effective. How might you make it more effective?

Ans: By threatening a forward pass in the papers.

210. Has the Huddle System much merit?

Ans: Yes. It has a lot of merit if properly used. It is not necessary to have complicated signals and the quarterback knows that everyone of his players hears his assignment. The yelling in the stands does not affect the men on the team hearing their play from the quarterback. There is no danger of the defensive team getting "hep" to your signals. You can mix your men and formations up at will. By using two different starting signals you can prevent the defensive team from knowing when to charge.

211. If your team is terribly over-confident before a game how can you correct this?

Ans: If you cannot scare them, you must make an attempt to make them interested in the game coming. One way of doing this is to call your team into a special session to prepare a defense against a new imaginary formation

which the opponents' are using. Make this new formation a good one and work hard devising defense. If the formation and plays are good, though imaginary, the team will begin to take an interest and begin to worry about the game the next day. Interest and worry always dispel overconfidence.

212. Suppose your team has lost game after game and is thoroughly discouraged. What can you do to bring them out of it?

Ans: You will have to pick on a certain home game, say for instance, homecoming, or some game where a lot of the old alumni are back for the game, to take your stand. You can then appeal to the boys' pride about being disgraced in front of the old timers who have brought up such wonderful traditions for the school. In this case, it might be well to have one or two of the old alumni come in and tell the team about the old days when men were men, etc. You might also ask your boys to just hold opponents from gaining first three plays and you will be satisfied. If they concentrate on this and succeed they may become encouraged and play a whale of a game.

213. Suppose you have several boys on your team who are cliquing together and are antagonistic to the rest of the team. What can you do here?

Ans: Put them off the squad.

214. Suppose you have an individual who is suffering from the swellhead, doesn't get along with the rest of the team, nor is he loyal to the coach. What can you do here?

Ans: Ridicule and humor from teammates generally cure such cases. However, if the case is incurable amputate him off the squad.

215. Suppose you are playing a practice game against a much larger school and you have absolutely no chance of winning. They outweigh you a lot. Your more important games follow right afterward. What might you do here?

Ans: Play your best team for a quarter or so, making every effort to hold your opponents and then pull out two

or three of your best men who are invaluable to you. This will save them for the important games to follow and you might tell your team that with these men still in you might have had a chance to hold the other team even, but you are playing it wise in saving your strength for the important games.

216. If you are receiving kick-off, and the first kick goes out of bounds and it now looks as if the second kick may also go out, what will you do?

Ans: Let it go out of bounds as it will be your own ball on your own forty-yard line.

217. What official has the say as to equipment?

Ans: The Umpire.

218. Suppose the other team has third down, eight yards to gain and on the next play you throw them for no gain. However, the head lineman calls the offensive for off-side. If you were captain of the defensive team would you refuse or accept the penalty?

Ans: Refuse, unless very close to our goal line.

219. The head lineman calls one side for off-side and the umpire calls the other side for holding. Which takes precedence?

Ans: They neutralize one another.

220. What instructions will you give a green substitute as you send him into a game?

Ans: Tell him to report to the referee and not to communicate with any teammate until one play has elapsed.

221. You are on the opponents' nine-yard line, third down, goal to go. You make seven yards, but the head lineman calls the defensive side for off-side. Will you refuse or accept the penalty? Score is 0 to 0, ten minutes to play.

Ans: I would accept the penalty. It would be a question of having third down on the four-yard line or fourth down on the second-yard line. I would not care to put all my eggs in one basket and hence I would prefer the former—third down, four yards to go for a touchdown.

222. Suppose an eligible offensive man and a defensive man catch a forward pass at the same time. Whose ball?

Ans: Offensive player's.

223. How does referee decide between touchback and safety?

Ans: If the force which carried the ball across the goal line came from the side which touches the ball down and is defending that goal, it is a safety. If it comes from the opposing, it is a touchback.

How can a spectator decide?

Ans: If it is a touchback the ball is put in play in scrimmage on the twenty-yard line. If it is a safety, the ball is put in play on the twenty-yard line by means of a free kick.

224. A forward pass touches the defensive back's hand who has one foot on the side line and the ball bounds back into the field of play and is caught by ineligible offensive man before it hits the ground. Whose ball and where?

Ans: Pass is incomplete and if it occurred before the fourth down, ball is again put in play at the spot of previous down, and play counts as down. If it occurred on fourth down, ball goes over to the opponents at the spot of the previous down.

225. When has the defensive side an equal opportunity to recover the ball?

Ans: When the ball has actually been in their possession.

226. Every kicked ball which crosses the goal line without having been touched, or which does not score any points, is automatically a touchdown, except?

Ans: Except in a FREE kick.

227. On a try for goal by place kick the ball is headed straight for three points, but suddenly collapses?

Ans: New ball is brought out and kicking team given another trial.

228. We punt and the ball rolls toward opponents' goal line. Shall our ends fall on it or let it roll for touchdown?

Ans: Fall on it as close to the goal line as possible before it goes over.

229. Time is out for two minutes. Time is on again but the water boy is slow leaving the field. Our team lines up in punt formation and we kick before the water boy gets off the field. The ball lands in his bucket and he unintentionally carries it off the field. Whose ball and where?

Ans: This was the referee's fault, but I would rule it that the ball belongs to the receiving side where the ball was carried out of bounds.

230. A team punts down the field and the quarterback who catches the punt kicks it right back into the hands of the original kicker who has not moved an inch. This man now forward passes forty yards to a teammate. Is this play legal?

Ans: No.

231. What is the best general method to guard against screen passes?

Ans: Call it to the attention of the officials.

232. Why is it not good football to try to get away with a clip from behind, which is distinctly against the rules?

Ans: It is not good football to get away with anything which is against the rules. The other is a twenty-five yard penalty which may do you considerable harm.

233. Why is it not good football to try and hold on offense?

Ans: Any lineman who holds on offense is suffering from the inferiority complex and the fifteen yard penalty may be the means of your losing the game at the critical time.

234. What is the penalty for evasion by throwing ball to ground to incomplete forward pass?

Ans: Fifteen yards from the spot of preceding down. If it occurs on fourth down offenders also lose the ball.

235. Team A punts from behind its own goal line; halfback of team A who is behind his own goal when ball is kicked runs down the field and recovers the ball before it is touched by an opponent. Decision?

Ans: Ball belongs to opponents at spot A recovers.

236. There is a loose ball in team A's end zone, player of team B is racing for the ball to make a touchdown, player of

team A clips him illegally from behind on the ten-yard line and another team A man recovers the ball. Decision?

Ans: Team B's ball on the one-yard line.

237. Team A makes forward pass into team B end zone but player of team A interferes with player of team B without trying to catch pass himself. Decision?

Ans: Ball goes to team B as a touchback.

238. Team A forward passes from team B's fifteen-yard line into team B's end zone but an ineligible man catches the pass; where is ball put in play and by whom?

Ans: Ball goes to team B as a touchback.

239. Team A forward passes from middle of field, but ineligible man catches the ball on team B's fifteen-yard line. Penalty?

Ans: Ball goes to team B at spot of preceding down.

240. Captain of team A asked for time out four times in the second half for injured players (two minutes each time), but each time substitution was made for injured player. He calls for time out fifth time but this time he make no substitution. Is there any penalty?

Ans: Yes. Five yards.

241. Suppose on a kick-off the ball has gone out of bounds for second time but the kicking side was off-side. Where is ball put in play and whose ball?

Ans: Kicking side kicks off again five yards back or from thirty-five yard line.

242. Team A forward passes into team B's end zone where team B player interferes with team A player without actually trying to catch the pass himself. Decision?

Ans: Team A's ball on one-yard line.

243. In the second half captain asked permission to put tackle in backfield. After two plays during which he was three yards back when ball was snapped, quarterback calls a formation which puts the tackle on the end of the line. Decision?

Ans: All right.

244. Two men signal for fair catch. The first one drops the ball to the ground and second one picks up ball and goes for a touchdown. Decision?

Ans: Touchdown. O. K.

245. A plays next to center, ball is put in play. Is there any possible way that A can legally carry the ball other than forward pass, punt or fumble?

Ans: Yes, by dropping back five yards and having backfield man take his place at guard.

246. Team A drop kicks and the ball bounds off team A halfback and then goes over the cross bar. Procedure?

Ans: No goal allowed.

247. On a kick two men signal for a fair catch, the first fumbles and the second catches the ball before it touches the ground. Is he allowed to run with it? Decision?

Ans: Run is not allowed.

248. Team A throws forward pass from field of play into team B's end zone which is caught by player of team B who attempts to run but is caught and downed in the end zone. Decision?

Ans: Touchback for team B.

249. Team A punts in the field of play but one of its players in the line is caught holding. However, on the same play kicker was roughed by team B player. Decision?

Ans: Play is played over. Point to be gained and down remain the same.

250. Team A punts. Kick partially blocked by team B but recovered by team A twenty yards in advance of the spot from which put in play. Procedure?

Ans: Ball belongs to team B at spot A recovers.

251. Third down, ten yards to go, team A incompletes forward pass in the field of play and was off-side on the next play. What would be the down and distance to gain?

Ans: Fourth down, fifteen to gain.

252. Penalty for illegal clipping and from where enforced?

Ans: Twenty-five yards from spot of foul.

253. Give full definition for "snapping" the ball.

Ans: Snapping the ball is having it actually leave the hand or hands by putting it back from its position on the ground with one quick and continuous motion.

254. If a player signals for a fair catch and one of his teammates who did not signal catches the ball before it hits the ground, is fair catch allowed? May he run with ball?

Ans: Fair catch not allowed, neither is run.

255. To whom must an incoming substitute report? Penalty for not reporting?

Ans: Substitute must report to referee or umpire. Penalty for not reporting, five yards.

256. Penalty for illegal return and from what spot?

Ans: Penalty one half distance to goal and player suspended from game. Penalty enforced from spot of the down during which the illegal substitution took place. If play has elapsed, enforce the penalty from the spot where the illegal substitution is discovered.

257. Against what fouls may an official caution players and against which MAY HE NOT?

Ans: Officials may caution against off-side, holding, or similar rules. They shall NOT do so for illegal substituting or illegal formations.

258. What would be your decision if a player of the side in possession of the ball incompletes a forward pass behind his own goal line, the ball falling in the end zone?

Ans: Safety.

259. Under what provisions may a guard, center or tackle play in the backfield on offense? State penalty.

Ans: Must be back five yards and backfield man must take his place on the line. Penalty five yards.

260. Exactly when is the ball out of bounds?

Ans: The ball is out of bounds when either the ball or any part of the player who holds it touches the ground on or outside the side line, extension or end line.

261. What would be your decision if a player kicked a loose ball behind his opponents' goal line?

Ans: Touchdown for opponents if they have chance to recover. It is otherwise a safety.

262. What is your procedure if the team attempting to try for point commits a foul?

Ans: No point allowed.

263. A team has eight yards to go on fourth down and tries a forward pass which is first touched by a defensive man, then caught by an offensive man who is downed with net gain of four yards. What decision?

Ans: Continuity not broken. Defensive player did not have possession, hence ball goes over.

264. Team A makes a forward pass but passer is only four yards back when ball passed. Team B intercepts pass and runs for touchdown. Decision?

Ans: Penalty may be declined and hence touchdown is O. K.

265. Team A makes a forward pass, an eligible player of team A touches the ball first, another eligible player touches it second and a player of team B catches the ball and runs for touchdown. Decision and why?

Ans: Touchdown is O. K. as penalty may be declined.

266. On a kick-off the ball went only five yards and receiving center falls on it. Decision?

Ans: O. K. It is receiving center's ball.

267. What is penalty of side-line coaching and from where enforced if ball was in play when offense occurred. What down and what distance to go?

Ans: Fifteen yards from spot where ball was put in play. The down and point to be gained remain unchanged.

268. Team A punts in the field of play but one of its players in the line was holding. However, on the same play the kicker was flagrantly roughed by player of team B. Decision?

Ans: Ball brought back and play replayed. Penalties neutralize each other except man FLAGRANTLY roughing kicker must leave game.

269. Third down, ten to go, team A completes forward pass but on same down player of team B off-side. On next play give down and distance.

Ans: Third down, five to go.

270. Team A forward passes on third down from fifty-yard line to their end who runs out of bounds but returns to field of play catches ball. Whose ball, where, and what down and distance to go?

Ans: Ball goes to opponents at spot of preceding down. First down, ten.

271. On the last play of the game team A makes a fair catch on opponents' thirty-yard line, time being up while the ball is in the air. Referee rules that team A may try for a free kick. They do so and the ball fails to make a goal and team B makes no effort to recover it. A's right end recovers the ball behind the goal line and claims a touchdown. The referee disallows it. Is this correct? Why?

Ans: No. Play is not over until ball is declared dead and hence touchdown is O. K.

272. While one of team A is advancing with the ball a team B player deliberately snatches the ball from his arms and runs for a touchdown. Procedure?

Ans: Touchdown is O. K.

273. A team punts or drop kicks ball across team B's goal line (ball not touched in field of play) and one of team B recovers ball and runs for touchdown. Procedure?

Ans: No run allowed. It is automatically a touchdown as kicked ball crosses B's goal line.

274. Same conditions as above question except the ball was first touched on the ten-yard line by team A's end, rolls over goal line and recovered by team B player who runs for touchdown.

Ans: Touchdown is O. K.

275. Kicker of team A punting from behind his own goal line kicks ball into teammate who is on his own two-yard line. Ball recovered by team A back of goal line. Decision?

Ans: Safety.

Suppose ball is recovered by B?

Ans: Touchdown.

276. When is continuity of downs broken?

Ans: Whenever ball passes into ACTUAL POSSESSION of opponents and is then recovered.

Date Due

GEORGE WILLIAMS COLLEGE
LIBRARY
5315 DREXEL AVENUE
CHICAGO, ILL.

T

796.33207 10236
R592c

Rockne

Coaching

796.33207 10236
R592c

Rockne

Coaching

DATE	ISSUED TO
12 15 9	Guy Van Doeeteem
10 19 0	Steve Garrison
12 19 4	423 G1 1 LUCIADA TAYLOR

THE MASTER'S COLLEGE
3 3540 00023 1976